

MINISTERING

with Self-Reliance Tools



Which of these tools could help you or those to whom you minister?

How can you actively encourage others to grow, develop and reach their full potential?

Is there room for improvement temporally, spiritually or emotionally?

Self-Reliance Groups



Need help assessing your skills and abilities or determining educational and career goals?

Development Counseling



Is there an addictive condition to overcome? Help is available.

Addiction Recovery Groups



Are there emotional issues, marital struggles, or child behavior challenges?

Professional Counseling



Are basic needs being met?

Food and Commodities



Need someone to talk to about a career you're considering or about a specific employer?

Member Skills and Networks



Would improving English language skills help find a better job and increase community ties?

EnglishConnect



Would a low cost Bachelor's degree open up improved financial opportunities?

PathwayConnect



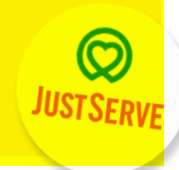
What community programs are available to address personal and family needs?

Community Resources



Want an opportunity to serve? Serving others adds perspective to life's challenges.

Volunteering



Want to improve your employment, learn job-search skills, or start a business?

Self-Reliance Groups



Would a review of income and expenses provide a clearer picture of financial realities?

Self-Reliance Plan



Self-Reliance is the ability, commitment and effort to provide the spiritual and temporal necessities of life for yourself and your family.

Contact your Elders Quorum or Relief Society leaders or go to MemberResources.wixsite.com/main (Password: main) for more information.

Self-Reliance Tools Quick Reference

	Addiction Recovery Groups	Weekly support groups (in person or on phone) for those suffering from addictions. There are separate groups for spouses and families. The program is adapted from Alcoholics Anonymous 12 step programs with emphasis on gospel principles; contact EQ/RS leaders for availability.
	Community Resources	Community nonprofit organizations that offer resources such as food, shelter, employment assistance, and crisis management.
	Development Counselling Services (DCS)	DCS provides resources to individuals with barriers to employment such as one-on-one counselling, the WOWI career assessment, online courses through LearnKey, business partnerships. In some situations funds may be available. Requires a bishop's authorization form.
	EnglishConnect	25-week English courses designed to increase conversational English proficiency in a gospel-centered environment. The program includes one class per week with additional home-study.
	Fast Offerings / Self-Reliance Plan	Fast offerings are used at the discretion of the bishop for temporary assistance; the 2-page Self-Reliance Plan is completed with help from an assigned mentor to assess needs, income, expenses and plan a path to self-reliance.
	Food and Commodities	At the discretion of the bishop and where available, food and basic commodities may be supplied from the Bishops' Storehouse or purchased with fast offering funds. Recipients give service in return for the funds received.
	Humanitarian Services/Emergency Response	Latter-day Saint Charities provides support for disaster relief, community services for the needy, and refugee and immigrant support. Stakes can also request funds or commodities from the church to assist other community non-profit organizations.
	Member Skills and Networks	Submit your employment information to your Stake Self-Reliance Specialist or make use of the large list of members that have already done so and are willing to talk to you about where they work and what they do for a living to assist you in your educational and career endeavours.
	PathwayConnect and BYU Pathway Worldwide	PathwayConnect is a 1-year online university preparation program that continues into BYU Pathway Worldwide with almost 40 online Bachelor degrees available at a greatly reduced cost to members and their friends.
	Professional Counselling	Family Services is Church-provided, professional counselling for emotional and mental issues. A bishop's authorization form is required to access services. Leaders may also call to receive guidance on member situations. Services also include pre-mission assessments and early-returned missionary assistance .
	Self-Reliance Groups	12-week courses combine practical skills with spiritual principles in a way that changes lives. Topics focus on employment, education, personal finances, or starting and growing a business. A Life Skills course for Youth/YSA is also available. Contact EQ/RS leaders for availability.
	Stake Self-Reliance Resource Centre	Some stakes have developed physical Self-Reliance Resource centres to assist members while others make use of online resources through the website listed at the bottom of the page and by clicking on "My Stake and Community Resources" in the Welfare and Self-Reliance Toolbox.
	Volunteering	Service is a fundamental gospel principle and promotes self-reliance; JustServe is a public website (www.justserve.org) that connects volunteers to service opportunities in the local community. Service may be done by groups, families, or individuals.

Note: For more details on these resources go to MemberResources.wixsite.com/main (Password: main)