



COUPLES

A MARRIAGE & FAMILY
MINISTRY



SESSIONS



Lunch & Learn

IN PARTNERSHIP WITH BRENDAN MCCARTHY

\$80

PER COUPLE FOR THE SERIES

Scholarships available

THE VISION

We want to bless you with a short, simple, and engaging hour-long Zoom during your lunch hour. We hope couples leave with some high-level marriage tools from a nationally sought after expert in the field. The times promise to encourage healthy conversation and bless your marriage journey. Chris and Jamie will be available after calls for follow up meetings if needed!

LOGISTICS

We have 5 Zoom calls scheduled on Wednesdays from 12-1pm PST. We will record the calls in case there is a conflict, but hope couples prioritize the time and try to make all 5 calls if possible.

TOPICS

Healthy Communication, Conflict, Boundaries, Ownership and Responsibility, Steps Ahead Together

TYPICAL AGENDA

- 12:00** Welcome / Prayer
- 12:05** Brendan engages group with topic
- 12:45** Questions from group
- 12:55** Closing prayer (raffle)
- 1:00** Call officially ends
Herbs and Brendan will stay as an option for those with more questions
- 1:30** Call ends

FAQ'S

- Can we miss a call?**
Not ideal, but yes, we will record.
- Can I attend a call without my spouse?**
Again...not ideal, but we will record the call and it's best if you re-listen to the call together, then engage in the discussion.
- How many will be on the call?**
We hope for 8-12 couples at most.
- Can we be in different places on the call?**
YES, but if you can, try to be together.

ZOOM CALL DATES

March 13
May 8
July 10
September 11
November 13

12:00 - 1:00pm

REGISTER FOR LUNCH & LEARN

About Brendan McCarthy

OUR RESIDENT EXPERT & FACILITATOR

Brendan grew up in Eugene, Oregon, and met Chris and Jamie through Young Life, where Brendan came to faith in Jesus. Brendan is a former Young Life staff member, he was a recording artist, World Vision director, and now is the founder and owner of SESSIONS Psychology. Brendan creates a comfortable engaging environment for clients to grow in their individual and couple's journey. Brendan, a longtime resident of Nashville, is married to Rachel and has two boys, Jaxon and Leo. He deeply loves Jesus and others.

Brendan is a Nationally Certified Counselor (NCC) as well as a Licensed Professional Counselor (LPC-MHSP) in the state of TN. Brendan treats a wide variety of mental health issues and works with a broad spectrum of clients. He provides individual counseling, couples counseling, and facilitates groups with a counseling approach that best fits the needs of his clients.

He believes that a safe, open, caring, and collaborative relationship between the counselor and the client is the main agent for change and healing in the counseling process. Brendan is a Certified Experiential Therapist (CET3), as well as a part of the clinical staff at the nationally recognized Onsite Workshops.

SPECIALTIES

Intensive sessions

"WE CAN'T GO BACK AND CHANGE THE BEGINNING. BUT WE CAN START WHERE WE ARE AND CHANGE THE END."



**Equipping couples with simple
tools for a thriving marriage**

PRAY. ENCOURAGE. EQUIP.