

ONENESS REHOBOTH APOSTOLIC CHURCH

125 East Third Street, Mount Vernon, NY 10550

Tel: (914) 667-8209 Fax: (914) 665-7973

THE CATALYST PROGRAM

A Life Skills Curriculum

FACT SHEET

The Catalyst Program

The Catalyst Program is the visionary creation of Rev. Arthur Thomas, Senior Pastor of Oneness Rehoboth Apostolic Church. *The Catalyst Program uses a life skills instructional curriculum. The program is held on Wednesdays at 7pm.* The syllabus offers courses on many compelling life management topics. This training is offered in Mount Vernon, NY to individuals throughout lower Westchester.

Eligibility

21 years old or older
Non-Sex Offender

Program Services

Life Skills
Group Counseling
Mentoring
Case Management
Employment Seeking Services

Cost

Free

We Offer

- Modules that can be taken independent of each other.
- Trained Life Skills Instructors with degrees in the social service discipline, business and education.
- Progress reports provided to referral source periodically or as needed.

Life Skills Course Descriptions

Module 1: Mentoring, Influence and Desire

Mentoring is the nucleus of the program. Proper mentoring assists people with needs in our society transition from where they are to where they need to be. This module instructs on how to be a mentor as well as how to select a suitable mentor. It also stresses the importance of the influence that an individual has upon those around him and ultimately the obligation of an individual to be a proper and good influence. The conclusion of this module focuses on desire. Goals are achieved by having the desire to achieve those goals. You must have the correct desire associated with that goal.

Module 2: Attitude and Growth

What happens when attitude is dictating undesirable results? How can your attitude be changed? And, if the attitude changes, what are the ramifications to other people around you? It is true that if we change our attitude we change our lives. To fail to grow means not only arrested development, but degeneration. We live our lives on an incline. We must go up or down. The one unchanging thing in this world is change. To fail to go up is inevitably to go down.

THE CATALYST PROGRAM

FACT SHEET (cont.)

Module 3: Self-Destructive Behavior (Anger Management)

The negative and counterproductive thoughts and actions that we refer to as self-destructive behaviors appears in many forms. This module teaches how to identify these behaviors and make choices to overcome self-destructive behaviors. Anger has many personalities. We explain these personalities as well as how individuals handle and react to anger. We also teach effective strategies for managing anger. Lastly, we explain the stages of grief and outline the grieving process. Deep anger can result from not overcoming grief through the grieving process.

Module 4: Character, Habit and Time

The making of character is tied to habit. This course teaches methods that establish good habits which in turn forms good character. Quitting becomes the easy way for too many. Failure becomes the line of least persistence. Determination a vital virtue for life and is essential for overcoming obstacles. Lastly, we look at the importance of using well the time allotted to each of us.

Module 5: Depression, Self-Esteem and Ego

This module defines depression and assists in identifying clinical depression. This chapter discusses the treatments for depression and their merits, as well as, the difference between male ego and female self-esteem, the causes of poor self-esteem and poor ego and the effect of both as a causation of depression. There is a loneliness that is the result of isolation of space. It is the sensation we feel when we are separated by distance from a loved one or familiar surroundings. The second type of loneliness is far more severe. It is a loneliness of spirit. Learning to be content is one of life's greatest lessons. This course highlights the importance of adapting to and accepting change while maintaining peace and purpose in our lives.

Module 6: Courtship, Marriage, and Finance

So many marriages fail today because of a lack of preparation. Individuals today are not properly prepared for dating, courtship and marriage. Every couple needs to see a successful marriage as a cherished goal. Marriage does not begin when two people fall in love. It begins with the vows. Prior to the vows a relationship is a commitment founded on nothing but feelings. Marriage is the establishment of stability in a relationship no matter what feelings may come and go. "Marriage takes work." This is the advice given to couples both entering marriage and dealing with problems in their marriage. We offer six vital principles to consider when working on a marriage. Money and its use causes great friction in marriages from the poor to the wealthy. The building and implementation of a budget are stressed. Teaching children how to respect and use money is also explained. The principles discussed work just as well for single individuals. This chapter addresses the dysfunctionality of the modern family and encourages looking within for answers to family problems. This chapter offers real world solutions for every family type.

Module 7: Parenting

This is a complete guide to the issues that parents face within themselves and with their children. It offers guidance on issues concerning newborns through teenagers. It teaches effective methods for dealing with a wide range of challenges from toddler training, discipline and sibling rivalry to drug use and gangs.