



CHRISTY FRELAND - FOUNDER & PRESIDENT

RECAST MINISTRIES, LLC

WORSHIP LEADER | SPEAKER | SURVIVOR ADVOCATE

BOARD CERTIFIED MASTER MENTAL HEALTH COACH SPECIALIZING IN CRISIS & TRAUMA



Christy is a Jesus Follower, Speaker, Worship Leader, Survivor Advocate, Authorized Facilitator, & Board Certified Master Mental Health Coach specializing in Crisis & Trauma. She is also a wife, mother, & business owner & is working towards a non-profit arm to the ministry that provides access to faith-based, trauma-informed, therapeutic resources. She deeply believes in the healing power of the Word of God, Worship as our Weapon, and Wise Counsel as a vessel of the Holy Spirit. As a Survivor herself, she is a passionate Advocate and Trainer as a Darkness to Light Authorized Facilitator and teaches the community how to recognize and prevent child sexual abuse. She has gone from victim, to Survivor, to Thriving through her healing journey with Jesus and access to faith-based, trauma-informed resources, and it is her mission to be a bridge for others to hear the gospel and have the same access to those resources for their healing.

Christy is REAL. Her values and faith major on a relationship with God and not religion. The Lord's hand rests mightily upon her and I expect to see God open rare doors for her; utilizing her experiences, education, and anointing to pour life and hope upon so many others. We are privileged to support her and anticipate God's blessing upon her many ministry endeavors.

Derek Anglin | Lead Pastor | NewGrace | Baldwin, GA

From Christy's personal experience, she has an in depth understanding of the broad-reaching and long-lasting effects of trauma. As part of her journey to healing, she has developed a great compassion for other women who have silently suffered in the aftermath of abuse and trauma, and now Christy uses her heart, gifts, and voice to encourage and advocate for those in need of care and healing. Christy is a powerful, willing vessel of Jesus, continuously looking for her next opportunity to speak the truth of the Gospel and to love those facing struggles and hardship. Anyone in need of a compassionate and empathetic coach/mentor would be tremendously blessed to be placed with Christy serving in that most important role!

Melissa Shepherd, LPC | Tapestry of Life Counseling & Consulting Athens, GA

Signature Message:

Recasting life's traumatic experiences into God's Eternal Promises

At 40 years old, God met Christy in a jewelry store parking lot and used her broken wedding ring to teach her about her true identity in Christ and her unwillingness to surrender the broken pieces of her heart. Although a difficult testimony, you can plainly see God's promises, protection, and provision woven together in her beautifully broken life story. Through this healing journey, Jesus walked alongside

Christy is a hope-giver. She speaks with such beauty & depth about her Savior, that you can't help but feel closer to Jesus after being with Christy. But more important, her God is powerful, and this comes across with compelling clarity.

Heather J. Jonsson | Podcast Host | Bold Mercies Podcast

Christy is anointed. Her heart for worship is authentic and solely focused on the Lord. When she sings the warmth exhibited invites others to go deeper in their worship encounter.

Pastor Staci Peacock | Founder & Director | L.A.M.B.S. Ministry Clarkesville, GA

Christy in her healing using His Word, Worship, and Wise Counsel to heal her mind, heart, and soul. She now wants to provide that ministry to others by being a vessel of the same comfort she herself received from Him and be a resource for others to receive access to faith based, trauma informed Wise counsel He provided to her.

Christy is a passionate storyteller who shares from the depths of her soul. She moves the audience with her authenticity & transparency sprinkled with fire & seasoned with joy. You travel full circle with Christy as a speaker. **Chanda Santana | Founder | Divas Who Win Freedom Center Athens, GA**

Ways she will benefit your audience:

- By sharing how to Recast life's difficult circumstances into God's promises by using His Word to teach
- By sharing through a transparent testimony to find healing through the Word, Worship, & Wise Counsel
- By Inspiring and awakening hope & healing in Jesus Christ even through the most difficult of times

Christy's testimony of a life changed by her relationship with God is truly inspirational. God has healed her in so many ways. Her testimony showed everyone that they can have hope to walk out of their own past hurts, habits, & hang-ups. Her life in itself is a testimonial showing God's love for us all. God never gave up on Christy and He will never give up on us.

Phyllis Steinborn | Director | Celebrate Recovery | Athens, GA