

THE CHURCH OF JESUS  
CHRIST OF LATTER-DAY  
SAINTS

# VIRTUAL SELF RELIANCE CLASSES

Learn and practice research-based self-reliance skills in a Christ centered, faith-based class.

## TWO VIRTUAL CLASSES:

- **Emotional Resilience**

Sundays, 3:30-5:00 pm

Beginning August 17<sup>th</sup> for 10 weeks

[click here](#) or scan QR code to register

- **Personal Finance**

Sundays, 4:00-5:30 pm

Beginning August 10<sup>th</sup> for 12 weeks

[click here](#) or scan QR code to register



Emotional Resilience



Personal Finance



Open to all!

Questions? Contact  
Craig or Jennifer  
Sheffield at  
[cnjsheff@swcp.com](mailto:cnjsheff@swcp.com)