

# LIVING COMPASS TOOLS AND RESOURCES

*Outfitting individuals, families, congregations, schools, and other organizations with tools and resources for the journey toward wholeness and wellness.*

## TOOLS FOR ADULTS, PARENTS, AND TEENS

Our Adult, Parent, and Teen Wellness Circles are small groups where people gather for six weeks to be intentional about making healthier choices for themselves and their families. These wellness circles create community among members and are an ideal outreach tool for those outside of your congregation. Facilitator guides and online tutorials are available for leaders of wellness circles.

**The Teen Compass Wellness Notebook** can be used in a variety of ways in schools or churches, helping teens to talk about decisions they make each day. There is a faith-based version of the notebook that helps teens see their faith as a tool for making life-giving decisions. The community, or secular version, is used in public schools and a variety of non-profit organizations. This is available in book or downloadable format. A facilitator guide is available for both.

**Parent Wellness Compass**, available in English and Spanish, invites parents to gather with the intent of sharing the joys and challenges of parenting, and to discuss what wellness and greater wholeness can look like in their lives and their families. This is available in book or downloadable format.

**Your Living Compass**, written by The Rev. Dr. Scott Stoner, founder of Living Compass, provides the theological foundation for our ministry. This book contains forty reflections in a self-guided retreat format that can be used by individuals or as the basis for group discussions.

## SEASONAL DAILY DEVOTIONALS

**Living Well Through Advent** and **Living Well Through Lent**. These daily reflection booklets contain readings for each day of Lent and Advent and feature a variety of guest writers. New booklets are created with a new theme each year and are available in English and Spanish (original content).

## WEEKLY WORDS OF WELLNESS COLUMN

Every Friday morning, Living Compass sends out a topical email column about spirituality and wellness. This column can easily be shared with friends or family, or shared with an entire congregation. Many churches use it as a conversation starter for adult formation.

