



# WELFARE AND SELF-RELIANCE RESOURCES

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One-Page Overviews

# Introduction

## Welfare and Self-Reliance Services Department Vision

We strive to follow Jesus Christ by embracing the two great commandments to love God and to love our neighbors. We do this as we:

- Minister to temporal needs.
- Build spiritual and temporal self-reliance.
- Bless both givers and receivers.

## Resources Tool Kit

As Church leaders seek to care for those in need in their areas, they may be overwhelmed with the various needs of different people. Church leaders can use resources from the Lord's storehouse to fulfill the two great commandments to love God and to love our neighbors.

The Lord's storehouse has everything that a Church leader could use to meet temporal needs, including fast-offering funds and the resources and abilities of each ward member. Resources could include contributions from the immediate family of the person in need or the time and talents of ward members. Also available are community resources and support from the Church itself.

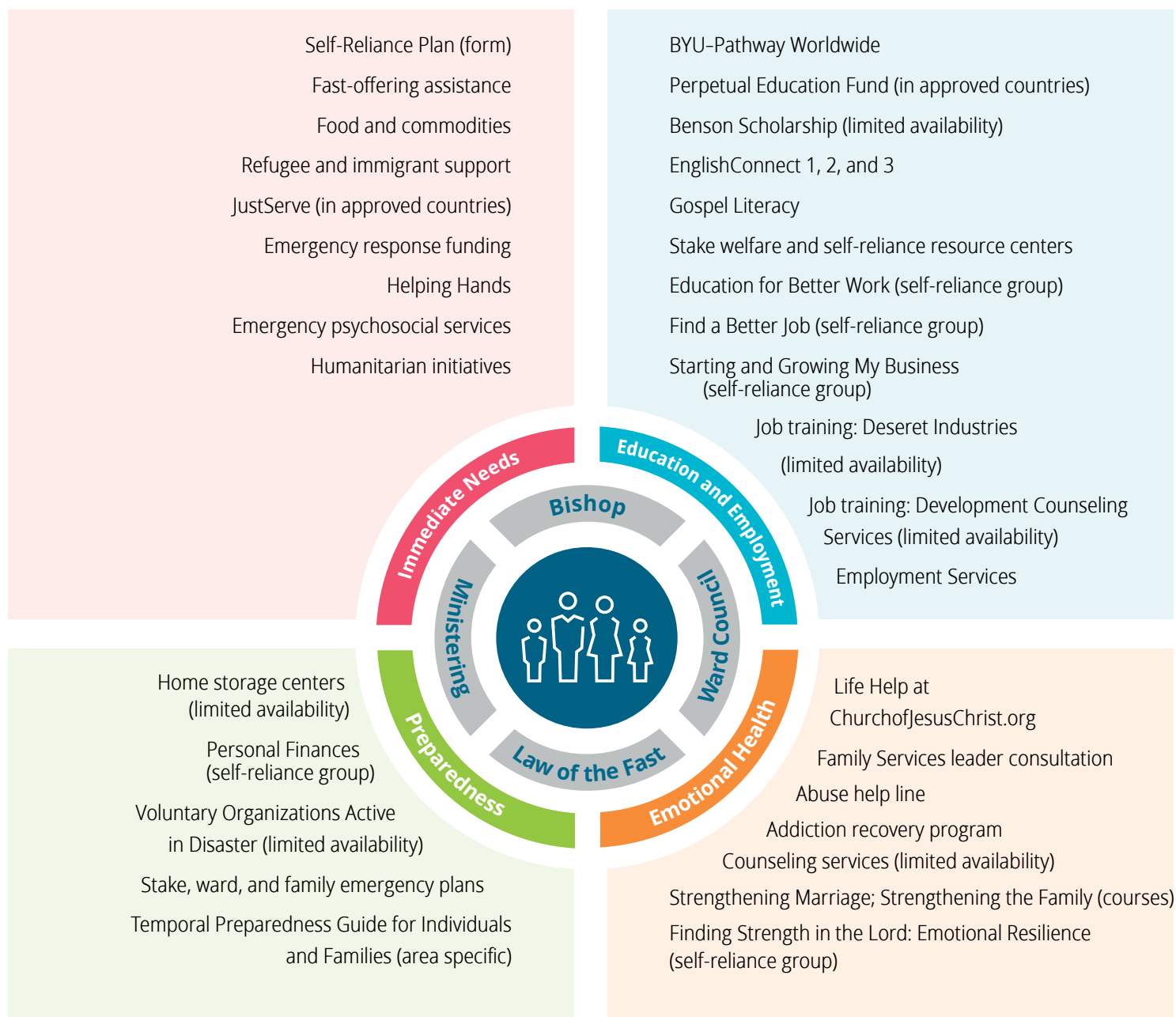
This booklet gives a short overview of Church resources for Church members and leaders. Local leaders can use this guide to choose the tools and services that will be most helpful in caring for those in need in their area. More in-depth information on each tool can be found using the links at the end of each topic. Not all resources are available in your area. Ask your welfare and self-reliance manager (WSRM) which resources are available to you. As a reminder, Church resources are not the only tools in the Lord's storehouse that leaders could use.



*When we love God with all our hearts, He turns our hearts to the well-being of others in a beautiful, virtuous cycle."*

—RUSSELL M. NELSON, "The Second Great Commandment," *Ensign* or *Liahona*, Nov. 2019, 97

# Welfare and Self-Reliance Resources



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**Immediate Needs**

# Self-Reliance Plan



## Needs

When Church members are struggling with self-reliance, it's important for leaders to understand the challenges faced. This will help them find likely solutions for immediate, short-term, and long-term self-reliance needs. The Self-Reliance Plan form can help leaders and members analyze needs and make a plan for moving forward.



## Description

The Self-Reliance Plan form helps members assess needs, income, and expenses. It will help them create a plan with their leader for becoming more self-reliant. It can be used to help find possible resources and identify types of service the members can give in return for support received. The Self-Reliance Plan form replaces the formerly used Needs and Resources Analysis and Needs and Resources Analysis Supplement.



## Who is this for?

This form is for members seeking to become self-reliant (for example, a member receiving Church assistance).



## How it works

The Self-Reliance Plan is available on the Church's website in both interactive and printable forms. The member fills out the form alone or with help from a mentor. The leader then meets with the member to review the plan together. If needed, the leader can suggest additional resources from the Lord's

storehouse. These include the member's own resources and family as well as community and Church resources. The member makes commitments, and the bishop or assigned leader follows up regularly with the member. These assigned leaders could be the Relief Society and elders quorum presidencies, ministering brothers and sisters, or ward welfare and self-reliance specialists (see *General Handbook: Serving in The Church of Jesus Christ of Latter-day Saints*, 22.6.5, [ChurchofJesusChrist.org/study/manual/general-handbook/22-providing-for-temporal-needs?id=title\\_number68#title\\_number68](https://www.ChurchofJesusChrist.org/study/manual/general-handbook/22-providing-for-temporal-needs?id=title_number68#title_number68)). They will discuss further needs, concerns, and progress made on the plan.



## Where to learn more

The Self-Reliance Plan is available in 39 languages on the Church's website: [ChurchofJesusChrist.org/callings/welfare-self-reliance/self-reliance-plan](https://www.ChurchofJesusChrist.org/callings/welfare-self-reliance/self-reliance-plan).

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## Contact:

# Fast-Offering Assistance



## Needs

Fast offerings are used when people need immediate, temporary aid in meeting physical needs. These could be housing, food, medicine, or other necessities. A priesthood leader can use fast-offering funds to help those with immediate needs. Long-term or chronic needs should be addressed with other tools found within this guide.



## Description

Many guides exist to help Church leaders give fast offerings and assist those in need:

1. *General Handbook* 22.2.2, "The Law of the Fast and Fast Offerings"
2. **Self-Reliance Plan form**  
Church members in need fill out this form on their own or with the aid of a mentor. The form helps members assess their needs, income, and expenses and find resources within the Lord's storehouse. It will also help them decide what service they can give in return for assistance received and make their own plan for becoming more self-reliant.
3. ***Providing in the Lord's Way***  
This in-depth booklet details the doctrines, principles, and duties of leaders regarding self-reliance and providing Church assistance.
4. **Welfare and Self-Reliance Leader Resources**  
This website gives leaders a place to find training materials and other aids. These include handbooks, online links, Self-Reliance Plan forms, and information relating to welfare duties.



## Who is this for?

The primary audience for these resources is priesthood leaders at the ward or branch level who give help to those in need. Ward and stake council members may also use these resources to support bishops as they give

others assistance.



## How it works

Depending on local or area needs, other fast-offering assignments and duties include:

1. Preparing medical fast-offering requests that exceed local leader approval limits.
2. Reviewing fast-offering use and training needs or other actions.

A priesthood leader will usually not give funds to the recipient directly. More precise information is given in the resources listed below, especially in chapter 22 of the General Handbook.

These guides and forms are available online. *Providing in the Lord's Way* is also available in print and can be ordered from Church Distribution at [store.ChurchofJesusChrist.org](https://store.ChurchofJesusChrist.org).



## Where to learn more

*General Handbook*, 22.4, "Principles for Providing Church Assistance"

[ChurchofJesusChrist.org/study/manual/general-handbook/22-providing-for-temporal-needsid=title\\_number27#title\\_number27](https://ChurchofJesusChrist.org/study/manual/general-handbook/22-providing-for-temporal-needsid=title_number27#title_number27)

Self-Reliance Plan

[ChurchofJesusChrist.org/topics/welfare/leader-resources/topics](https://ChurchofJesusChrist.org/topics/welfare/leader-resources/topics)

*Providing in the Lord's Way*

[ChurchofJesusChrist.org/bc/content/ldsorg/topics/welfare/summary-leaders-guide-to-welfare.pdf](https://ChurchofJesusChrist.org/bc/content/ldsorg/topics/welfare/summary-leaders-guide-to-welfare.pdf)

Welfare and Self-Reliance Leader Resources

[ChurchofJesusChrist.org/callings/welfare-self-reliance](https://ChurchofJesusChrist.org/callings/welfare-self-reliance)

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## Contact:

# Food and Commodities



## Needs

At times, food and other life-sustaining resources may not be readily available to members. This can happen due to product shortages, loss of income, or other factors. The guides listed below can help priesthood leaders as they help members in these situations.



## Description

Many guides exist to help Church leaders provide emergency food and commodity assistance to members. These include the following:

1. *General Handbook*, 22.2.1, “The Lord’s Storehouse”
2. **Self-Reliance Plan form**  
Church members in need fill out this form on their own or with the aid of a mentor. The form helps members assess their needs, income, and expenses and find resources within the Lord’s storehouse. It will also help them decide what service they can give in return for assistance received and make their own plan for becoming more self-reliant.
3. ***Providing in the Lord’s Way***  
This in-depth booklet details the doctrines, the principles, and the duties of leaders regarding self-reliance and providing Church assistance.
4. **Welfare and Self-Reliance Leader Resources**  
This website gives leaders a place to find training materials and other aids. These include handbooks, online links, Self-Reliance Plan forms, and information relating to welfare duties.



## Who is this for?

The main audience for these materials is bishops and other unit leaders who are helping members with physical, emotional, or behavioral needs or providing bishop’s orders for food and other commodities.



## How it works

These guides and forms are available online. *Providing in the Lord’s Way* is also available in print and can be ordered at [store.ChurchofJesusChrist.org](https://store.ChurchofJesusChrist.org).



## Where to learn more

*General Handbook*, 22.2.1, “The Lord’s Storehouse”

[ChurchofJesusChrist.org/study/manual/general-handbook/22-providing-for-temporal-needs?id=title\\_number13#title\\_number13](https://ChurchofJesusChrist.org/study/manual/general-handbook/22-providing-for-temporal-needs?id=title_number13#title_number13)

Self-Reliance Plan

[ChurchofJesusChrist.org/topics/welfare/leader-resources/topics](https://ChurchofJesusChrist.org/topics/welfare/leader-resources/topics)

*Providing in the Lord’s Way*

[ChurchofJesusChrist.org/bc/content/ldsorg/topics/welfare/summary-leaders-guide-to-welfare.pdf](https://ChurchofJesusChrist.org/bc/content/ldsorg/topics/welfare/summary-leaders-guide-to-welfare.pdf)

Welfare and Self-Reliance Leader Resources

[ChurchofJesusChrist.org/callings/welfare-self-reliance](https://ChurchofJesusChrist.org/callings/welfare-self-reliance)

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## Contact:



# Refugee and Immigrant Support



## Needs

Refugees and internally displaced people (IDP) who are fleeing persecution or violence often need life-sustaining help. They are cut off from their previous social networks, face severe language barriers, and often cannot work in their places of resettlement. The Church can play a lifesaving role in helping refugees successfully integrate into their new countries and communities.



## Description

The Church's Emergency Response team works with Latter-day Saint Charities and other global partners to provide shelter, food, and medical assistance. They also provide clean water, sanitation, hygiene items, and nonfood items, all of which may be needed in refugee crises around the world. This team also helps with longer-term needs, such as education, psychosocial support, and help for refugees settling into camps or other communities.



## Who is this for?

Refugee support services are offered to people in various global resettlement communities. This includes communities within the United States and Canada as well as people who have been forced to flee their homes due to political unrest or persecution.



## How it works

### Outside the United States and Canada:

In collaboration with trusted global partners, the Church provides assistance to refugees and IDPs through three channels:

- Emergency response: This is for natural disasters affecting refugees.
- Refugee immediate support: This primarily means life-sustaining food and shelter.
- Refugee sustained support: This is for

longer-term needs, such as education or mental health counseling. It could also be for job training support offered in extended-stay situations, such as resettlement camps. In Europe, these services and others may be offered at Friendship Centers.

### Within the United States and Canada:

Depending on the location, the Church offers three main types of service for refugees and immigrants: volunteer support, donations to the refugee resettlement service providers, and training for refugee associates employed at Deseret Industries. The Church also partners with local entities to give free help to immigrants. In the US, this may include:

- Welcome centers.
- Cultural adaptation classes.
- Immigration workshops.



## Where to learn more

[ProvidentLiving.ChurchofJesusChrist.org/immigrant-services](https://ProvidentLiving.ChurchofJesusChrist.org/immigrant-services)

(Utah, Arizona, Georgia, Texas)

[latterdaysaintcharities.org](https://latterdaysaintcharities.org)

(International)

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## Contact:

# JustServe

(In Approved Countries)



## Needs

Communities and vulnerable populations need volunteer service. Both the Church and its members benefit from engaging in such service. This Church-sponsored effort enables Church leaders to manage member involvement, transcend perceived boundaries, and build valuable relationships with others in the communities where they live.



## Description

JustServe is an initiative that helps members work “in the service of [their] fellow beings” (Mosiah 2:17) by providing a place to both post and find volunteer opportunities for assisting those in need. Under the direction of local Church leaders, nonprofits and others are invited to share volunteer needs through the JustServe web portal and mobile app. It is a free service sponsored by the Church. Projects on the JustServe portal are intended to care for those in need, build bridges of friendship, and enhance the quality of life within one’s own community.

As JustServe becomes established in your area, other faith-based, nonprofit, community, and government organizations can be invited and authorized to post their own volunteer needs and service opportunities. They can then share JustServe as a resource for their audiences to engage with those opportunities.



## Who is this for?

JustServe supports several internal Church priorities:

- Members can invite others to “come and help.”
- Service projects can be carried out with the help of service missionaries.
- Projects can be made available to full-time proselytizing missionaries and returned missionaries.

- Through service, the reactivation and retention of members can be supported.
- Service opportunities can be provided for children and youth.
- Service opportunities can be provided for those with Church membership restrictions.
- Service opportunities can be provided for households receiving fast-offering assistance.



## How it works

A JustServe working group is established at the stake or coordinating council level as determined locally. The group lead can be a JustServe specialist or the communication director. The working group counsels together to determine which organizations are invited to post projects, and then the group invites those organizations to participate and benefit. The working group strives to have a robust and continually updated slate of meaningful projects to meet both the needs of the community and the needs and desires of Church members and missionaries to give valuable Christian service to their communities.



## Where to learn more

Please contact your local JustServe specialist or welfare and self-reliance manager for help in getting started.

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## Contact:

# Emergency Response Funding



## Needs

Individuals and communities may need short-term, life-sustaining support after natural disasters, civil unrest, or famine. This can be given through emergency response funding.



## Description

The Church works to care for those with the greatest need following a disaster. Emergency response is a program of Latter-day Saint Charities, the official humanitarian arm of the Church. Latter-day Saint Charities gives relief by partnering with government ministries, nongovernmental organizations (NGOs), and community-based organizations, helping millions of people worldwide.

The following are some of the emergency events Latter-day Saint Charities responds to:

- Hurricanes and tornadoes
- Flooding
- Wildfires
- Disease outbreaks
- Civil conflict
- Famine and drought



## Who is this for?

Latter-day Saint Charities helps those in need without regard to race, religious affiliation, gender, or nationality.



## How it works

If an emergency happens, Church leaders may be asked to help in response efforts and to organize volunteers. When emergencies mainly affect members, bishops may consider using fast-offering funds. The Humanitarian Aid Fund is used to help communities on a larger scale. All projects using the Humanitarian Aid Fund must be approved by the Area Presidency and follow other funding rules.



## Where to learn more

Stake and Ward Emergency Preparedness Planning Guide

[ProvidentLiving.ChurchofJesusChrist.org/emergency-preparedness-and-response/stake-ward-emergency-planning-guide](https://ProvidentLiving.ChurchofJesusChrist.org/emergency-preparedness-and-response/stake-ward-emergency-planning-guide)

Area Emergency Preparedness and Response Guide

[ProvidentLiving.ChurchofJesusChrist.org/leader/emergency-preparedness-and-response/area-planning-guide](https://ProvidentLiving.ChurchofJesusChrist.org/leader/emergency-preparedness-and-response/area-planning-guide)

Latter-day Saint Charities website

[latterdaysaintcharities.org](https://latterdaysaintcharities.org)

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## Contact:

# Helping Hands



## Needs

Helping Hands provides service opportunities for Church members, with projects chosen and led by local Church leadership. Helping Hands strengthens the reputation of the Church by helping to dispel negative stereotypes. It introduces Church members to their neighbors and community leaders as Christians who minister in their communities.



## Description

Under local priesthood direction, members may be invited to provide community service or to help others. This planning happens under the direction of the stake presidency and with assistance from the stake communication council. Helping Hands work may range from beautifying city streets and parks to helping with disaster relief. Service work also allows the Church to build relationships with other groups, such as community leaders, opinion makers, and the press. These associations can influence public opinion and help create a positive perception of The Church of Jesus Christ of Latter-day Saints.



## Who is this for?

Helping Hands is for Church leaders and members with a desire to give service in their areas. It builds bridges of understanding with neighbors and influential community leaders. Helping Hands projects can be formed in all areas of the Church.



## How it works

Projects are usually planned by the stake communication council. These councils work under the direction of the stake presidency.



## Where to learn more

Visit [ChurchofJesusChrist.org/topics/humanitarian-service/helping-hands](https://www.ChurchofJesusChrist.org/topics/humanitarian-service/helping-hands) or contact your welfare and self-reliance manager.

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## Contact:



# Emergency Psychosocial Services



## Needs

Following a disaster or critical event, such as an accident or unexpected death, people may experience emotional reactions such as shock, grief, worry, stress, and sadness. Some people may need supportive psychosocial services or crisis intervention to help them cope.



## Description

Family Services counselors can give help after a disaster or critical incident. They do this at the request of Church leaders. They can counsel with leaders and provide assessments, crisis intervention, counseling, or assistance with finding the right resources. All services are designed to increase well-being and emotional self-reliance.

### **Emergency Response Telesupport:**

When emergency response psychosocial services cannot be provided in person, Family Services can offer telesupport (by phone or video-conference) at the request of mission presidents, stake presidents, bishops, or leaders in the ward council. Church leaders can contact Family Services to coordinate an urgent-care call for members in need. Emergency response telesupport is crisis counseling, not therapy. The call is typically a one-time contact, lasting 10–20 minutes. Emergency response telesupport does not require any paperwork or payment.



## Who is this for?

Emergency emotional support services are for members who experience distress related to a disaster or critical event. Assistance is also available for Church leaders and ministering brothers and sisters who provide comfort and support.



## How it works

Following a disaster or critical event, Church leaders contact their local Family Services professional. They will consult about possible needs and available resources, which can include individual, family, small group, or large group crisis support. Family Services staff can teach emotional resilience and recommend appropriate actions to take.



## Where to learn more

The following website provides information about Family Services resources and how to find a Family Services office:

[ProvidentLiving.ChurchofJesusChrist.org/lds-family-services](https://ProvidentLiving.ChurchofJesusChrist.org/lds-family-services)

The following page provides counseling resources for Church leaders addressing a number of social, emotional, and welfare issues:

[ChurchofJesusChrist.org/study/manual/counseling-resources](https://ChurchofJesusChrist.org/study/manual/counseling-resources)

[Life Help](#) on the Church website and the Gospel Library app provides additional resources for psychosocial well-being and welfare support.

Leader consultation services:

- United States and Canada: Call the Family Services contact number listed in the Church Directory of Organizations and Leaders.
- International: Call the area office to contact the area Family Services representative.

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## Contact:

# Humanitarian Initiatives



## Needs

The Church seeks to “succor the weak, lift up the hands which hang down, and strengthen the feeble knees” through its humanitarian efforts (Doctrine and Covenants 81:5).

Humanitarian efforts are an important part of the Church’s divinely appointed responsibility to care for those in need and can meet a wide range of humanitarian needs throughout the world.



## Description

Humanitarian Services, or Latter-day Saint Charities, is the official humanitarian arm of The Church of Jesus Christ of Latter-day Saints. Projects address needs and priorities identified by areas, provide assistance to individuals and communities affected by disasters, and respond to presiding council priorities.

Projects attend to immediate needs while strengthening beneficiaries to better care for their future needs. Whether providing immediate relief or building capacity and development over time, Church humanitarian efforts seek to create conditions that can lead to self-reliance for individuals and families.



## Who is this for?

Latter-day Saint Charities seeks to help those who are most vulnerable, without regard to race, religion, or nationality. Area personnel should consider humanitarian opportunities throughout the entire area, with special focus on individuals and families that are most vulnerable and on the greatest needs that exist. Often, Church humanitarian aid can be used to respond to neglected crises or locations where many organizations may be less willing to assist.



## How it works

The Church’s overall humanitarian focus and involvement are overseen by the Presiding Councils of the Church. Humanitarian aid is ultimately provided under the direction of the President of The Church of Jesus Christ of Latter-day Saints.

Area Presidencies oversee the development of humanitarian plans, priorities, and strategic focuses for their respective areas with consultation from Church headquarters staff. In their area strategies, areas strive to support the purposes of the Church’s global humanitarian efforts while also addressing specific challenges affecting the population in the area. By identifying local needs and priorities, areas suit humanitarian efforts to the “conditions of the children of men” (Doctrine and Covenants 46:15).

Areas develop and maintain five-year humanitarian strategic plans that focus on a few key priorities in which the Church can make a significant, long-term impact on beneficiaries and communities. Areas also partner with Church headquarters in providing assistance to individuals and communities affected by disasters.



## Where to learn more

Contact the welfare and self-reliance manager, or visit [ChurchofJesusChrist.org/serve/caring](https://www.ChurchofJesusChrist.org/serve/caring).

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### Contact:



# Education and Employment

# BYU–Pathway Worldwide



## Needs

Many members and friends of the Church around the world want to improve their lives through a university education but can't afford or access it. BYU–Pathway Worldwide is available in more than 180 countries and provides access to university degrees that are faith-based, low-cost, and completely online.

Earning a degree through BYU–Pathway helps students increase their spiritual and temporal self-reliance. Better employment gives them more time to be with their families, to worship, and to serve.



## Description

BYU–Pathway Worldwide provides access to online, low-cost degrees from BYU–Idaho and Ensign College. Bachelor's degrees can be completed in three years or less. All students qualify for 10–50% tuition discounts.

### *Preferred Path*

Most students begin with three terms called PathwayConnect. This path offers the lowest tuition rate. These online academic and religious institute courses teach students foundational skills that help them increase educational success.

Students also gather in groups once a week, either virtually or at a local church building. Here they build friendships and get extra support from service missionaries.

### *Advanced Path*

Students with previous university experience can also [enter directly](#) into an online degree program. Each bachelor's degree is built with three certificates and an associate degree. Students learn marketable skills along the way that can help them get a better job.

Certificates and degrees are available in the following fields:

- Business
- Technology
- Communication
- Health
- Family
- Professional studies



## Who is this for?

BYU–Pathway Worldwide makes a university degree possible for *everyone*! It can be a wonderful opportunity for any student, but especially those who:

- Lack academic confidence.
- Don't have plans after high school or secondary school.
- Can't afford other colleges or universities.
- Want or need flexibility.
- Might not do well in a traditional campus experience.

Students who begin with PathwayConnect **do not** need to:

- Earn a high school diploma.
- Pass any standardized test.
- Get an ecclesiastical endorsement.
- Be members of the Church.

All BYU–Pathway students must meet [admission requirements](#) and understand written and spoken English. [EnglishConnect](#) is available for those who want to learn English.



## How it works

Courses start throughout the year (see [academic calendar](#)). To learn more and apply, visit [byupathway.edu/join-us](https://byupathway.edu/join-us).



## Where to learn more

Visit [byupathway.edu](https://byupathway.edu).



# Perpetual Education Fund

(In Approved Countries)



## Needs

When Church members need to gain in-demand skills to improve work opportunities and increase income quickly, the Perpetual Education Fund (PEF) can provide financial assistance for vocational or technical training.



## Description

PEF offers loan funding for approved vocational and technical training, under two years long, to members living in PEF-approved countries. This can empower these members to obtain skills that lead to better work and income, either through finding a job or starting a business. Repayment is required.



## Who is this for?

PEF is for all adult members who live in approved countries and who:

- Struggle to consistently provide for themselves and their families.
- Would benefit from learning skills that are in demand.
- Need to quickly increase their income, improve work opportunities, or improve self-reliance.
- Need a way to gain entry-level skills to jump-start their education and career path.

Members must hold a current temple recommend, have a need for the financial help, be determined to complete their training, work, and repay the loan. See the list of approved countries at [ChurchofJesusChrist.org/self-reliance/pef-perpetual-education-fund/learn-more](https://ChurchofJesusChrist.org/self-reliance/pef-perpetual-education-fund/learn-more).



## How it works

To apply for a loan, a member must do the following:

1. Complete an approved self-reliance group (usually Education for Better Work) or PathwayConnect Life Skills.
2. Complete the Perpetual Education for Self-Reliance lesson.
3. Get a priesthood endorsement from his or her bishop or branch president.
4. Create an account at [portal.pef.ChurchofJesusChrist.org](https://portal.pef.ChurchofJesusChrist.org) and request money.
5. Start attending school after approval has been gained and payment has been made to the school.
6. Make small monthly payments during school.
7. Following completion (or withdrawal) from school, begin work and make monthly payments to pay off the loan.



## Where to learn more

Visit [ChurchofJesusChrist.org/self-reliance/pef-perpetual-education-fund](https://ChurchofJesusChrist.org/self-reliance/pef-perpetual-education-fund).

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## Contact:

# Benson Scholarship

(Limited Availability)



## Needs

The Ezra Taft Benson Agriculture and Food Scholarship, or Benson Scholarship, grants members in developing countries university-level training in agriculture and related fields. Benson scholars will help to improve access to good nutrition where they live.



## Description

The Benson Scholarship is a grant, meaning that students are not required to repay the funds. They are required to study in an approved program in agriculture or a related field that should provide food security. Possible fields could include agronomy, horticulture, animal husbandry, nutrition, and so on. The scholarship can cover postsecondary studies, including workshops, one- and two-year diplomas, and four-year degree programs.



## Who is this for?

This is for members who want to have careers in food, water, and agricultural sciences. Benson scholars remain in and benefit their countries after receiving their formal credential.

The Benson Scholarship program is not in all Church areas at this time. Area welfare and self-reliance managers (AWSRMs) will verify availability in a given country.



## How it works

Where the scholarship is available, interested members should do the following:

1. Complete program prerequisites, such as the Education for Better Work self-reliance group.
2. Get a signed endorsement from their local priesthood leader.
3. Submit the scholarship application form and any required documentation.

The application is reviewed by the area. If the candidate's application is approved, scholarship funds will be sent by the area finance office.



## Where to learn more

Contact the local welfare and self-reliance manager for more information.

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## Contact:

## EnglishConnect 1, 2, and 3



### Needs

Many people lack access to education and employment. English-language skills can give them greater access to these opportunities and more chances to serve others.



### Description

EnglishConnect is an English-learning program provided by The Church of Jesus Christ of Latter-day Saints. Its purpose is to help learners increase spiritual and temporal self-reliance.

They can do this by developing English skills in a setting of faith, fellowship, and growth. The program can also help with member conversion and sharing the gospel. Each group includes daily personal study resources and conversation practice to help build confidence.



### Who is this for?

EnglishConnect is for both members and friends of the Church. Placement in an EnglishConnect group is set by teacher evaluation and learner skill.

Group	Learner Type	Description
EnglishConnect 1	New- to high-beginner learners	This group requires literacy in the person's native language. Learners should be familiar with the English alphabet and be able to say basic words or memorized phrases in English.
EnglishConnect 2	High-beginner to low-intermediate learners	This group builds on EnglishConnect 1. Learners should be able to form basic English sentences. They should be able to ask and answer basic questions on common topics but may struggle to hold a simple conversation.
EnglishConnect 3	Low-intermediate to high-intermediate learners	This group builds on EnglishConnect 2. To qualify, learners must pass a language assessment during registration. Learners starting this group should be able to hold natural conversations and read and write basic sentences in English. This group prepares learners for PathwayConnect courses through BYU-Pathway Worldwide.



### How it works

EnglishConnect 1 and 2 groups are created by local wards, stakes, and missions. They are taught by volunteer members and missionaries under the guidance of local Church leaders. Each group has a learner manual, workbook, and teacher manual. These resources are for personal study and to prepare for the conversation group. Conversation groups are held at a local meetinghouse or online.

Leaders and teachers can create groups, manage groups, and award certificates at [Quickreg .EnglishConnect.org](https://quickreg.church.org/EnglishConnect.org). Resources for EnglishConnect 1 and 2 are available at:

- Gospel Library app > Life Help > English Learning

- [EnglishConnect.org](https://EnglishConnect.org)
- [Store.ChurchofJesusChrist.org](https://Store.ChurchofJesusChrist.org) (for purchase)

EnglishConnect 3 is offered through BYU-Pathway Worldwide with support from local Church service missionaries and leaders. Interested leaders can work with the welfare and self-reliance manager (WSRM) to provide EnglishConnect 3 as a next step for EnglishConnect 2 learners.



### Where to learn more

Learners can register at [EnglishConnect.org/join](https://EnglishConnect.org/join). To learn how EnglishConnect 3 prepares learners for university study, visit [BYUPathway .org/EnglishConnect](https://BYUPathway.org/EnglishConnect).

# Gospel Literacy



## Needs

There are many adult members of the Church who cannot read or write. This makes it hard for them to fully engage in living the words of God by studying scriptures and Church materials, teaching at home, and fulfilling callings or assignments (see Doctrine and Covenants 84:44). By learning to read and write in at least one language, a member can fully engage in gospel study and Church service and gain key life skills.



## Description

The Gospel Literacy program is part of *Come, Follow Me*. It helps members engage in home-centered, Church-supported gospel learning. The Gospel Literacy material provides more support to members who want to strengthen the following:

- Reading and writing skills
- Basic gospel knowledge
- Teaching at home and in the Church

The program is taught during the second hour of Church meetings every Sunday with small classes of no more than eight learners. Classes include activities and picture discussions on gospel topics. Learners are invited to share their spiritual insights and experiences. The focus is to help each other live the words of God and progress on the covenant path to eternal life.

Before starting the program, each learner is assessed to learn which of six manuals they should begin with. During the week, learners use their workbook to do activities that help them practice and apply the lessons they learn in the classroom. Teachers ensure that learners have someone to practice with during the week.

Since the program is workbook based, learners do not need an internet connection or an electronic device.



## Who is this for?

Gospel Literacy is for members of the Church who cannot read or write in at least one language. However, anyone is welcome to join. The Gospel Literacy program is available in English, French, Portuguese, and Spanish.



## How it works

The area presidency must give permission to offer Gospel Literacy in the area. Once permission is given, area, stake, and ward or branch leaders receive training on how to run the Gospel Literacy program. Stake specialists and ward Gospel Literacy teachers receive training on how to help adults learn to read and write.



## Where to learn more

Visit [gospelliteracy.ChurchofJesusChrist.org](https://gospelliteracy.ChurchofJesusChrist.org), or contact your local welfare and self-reliance manager.



# Stake Welfare and Self-Reliance Resource Centers



## Needs

Many people have self-reliance needs involving employment, education, finances, and other topics.



## Description

There are different ways a stake may choose to provide the support and assistance that members need. Some stakes may choose to establish a stake welfare and self-reliance resource center. In some stakes, these may be called a Welcome Center or a Community Resource Center. The purpose of a resource center is to help individuals become self-reliant, including by providing them access to information about community resources, one-on-one coaching and mentoring, and any additional workshops, classes, or services that might be needed.



## Who is this for?

Stake welfare and self-reliance resource centers are for people who have self-reliance needs and are looking to improve their current situation. Needs may include employment, education, help with finances, addiction recovery, learning English, and so on.

These centers are not just for Church members. Anyone is welcome to visit a resource center.



## How it works

Stake welfare and self-reliance resource centers help people find solutions for needs that are often beyond what a self-reliance group can help with. Resource centers are usually located in meetinghouses. Some centers are virtual and connect people electronically. If a center is in a physical location, each stake will decide how often the center is open and how it is staffed.

Volunteers will be called from the stake to help staff the center. The stake presidency oversees the center's operations, ensuring that volunteers are trained to provide services. The local welfare and self-reliance manager is able to provide assistance and support.



## Where to learn more

Contact your local welfare and self-reliance manager (WSRM).

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## Contact:

# Education for Better Work

## (Self-Reliance Group)



### Needs

People often need specific education, training, and skills to obtain employment but don't know where to get started.



### Description

The Education for Better Work group helps people create a local, market-based educational plan. This plan includes finding a career interest and analyzing the market need for the desired career. It also includes understanding the skills required for the job, exploring the best training options, and determining how to pay for training. The course covers skills for successful learning, 12 spiritual foundation principles, and habits to help people become self-reliant.



### Who is this for?

This group helps people find and prepare for a career. It can help young adults looking to start a career, and it can also help older adults who want to improve their career or reenter the workforce. The group is not limited to Church members; anyone is welcome to attend.



### How it works

Education for Better Work is often implemented as a 12-week self-reliance group (in person or virtual). Self-reliance groups work like councils and are enhanced by the experiences of each person as well as the influence of the Holy Ghost. The skills formed in the workshop can be practiced alone or in a coaching situation.

For best-practices for virtual meetings, see [ChurchofJesusChrist.org/self-reliance/course-materials/facilitating-groups](https://ChurchofJesusChrist.org/self-reliance/course-materials/facilitating-groups).

A printed version of the manual is available at [store.ChurchofJesusChrist.org](https://store.ChurchofJesusChrist.org), and a digital version and supporting videos are available on the Gospel Library.



### Where to learn more

Visit [ChurchofJesusChrist.org/self-reliance/course-materials/education-for-better-work](https://ChurchofJesusChrist.org/self-reliance/course-materials/education-for-better-work).

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### Contact:

# Find a Better Job

## (Self-Reliance Group)



### Needs

Searching for a job can be difficult, complex, and stressful. Employment is critical to self-reliance, but many qualified people struggle to find work because they lack job-seeking skills. This struggle can negatively affect their finances, relationships, and mental and spiritual health.



### Description

The Find a Better Job group helps qualified, job-ready, and actively searching job seekers learn practical job-search skills. It can help them pursue the right activities and work with God to find employment as quickly as possible. Under the direction of a group facilitator, group members follow a course manual. The length of the course can be set by the group and priesthood leaders. It may be held in Saturday-only groups, 3-week groups, 9-week groups, or 12-week groups.



### Who is this for?

This is for any job seeker who is ready and qualified to get and keep a job. It is for those prepared to work hard in the job-search effort. People who are not currently qualified for the job they want or who may not be job-ready can counsel with their Church leader, who can direct them to other Church and community resources. The group is not limited to Church members; anyone is welcome to attend.



### How it works

Find a Better Job can be implemented as a self-reliance group (in person or virtual). Depending on the needs of the local unit and group members, the materials can be completed over different time periods. For example, group members could complete the materials over 12 weeks, meeting for two hours per week. For an accelerated schedule, they might complete two five-hour sessions by meeting on two back-to-back Saturdays.

Some people don't feel comfortable learning job-search skills in a group setting. This manual can also be reviewed and practiced alone or in one-on-one coaching situations with a welfare and self-reliance specialist.

For best-practices for virtual meetings see [ChurchofJesusChrist.org/self-reliance/course-materials/facilitating-groups](https://ChurchofJesusChrist.org/self-reliance/course-materials/facilitating-groups).

A printed version of the manual is available to purchase at [store.ChurchofJesusChrist.org](https://store.ChurchofJesusChrist.org), and a digital version and supporting videos are available on the Gospel Library.



### Where to learn more

Visit [ChurchofJesusChrist.org/self-reliance/course-materials/find-a-better-job](https://ChurchofJesusChrist.org/self-reliance/course-materials/find-a-better-job).

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### Contact:

# Starting and Growing My Business

## (Self-Reliance Group)



### Needs

In many economies, owning a business is the best way to earn a living wage. People contemplating this option need to understand basic business principles as well as the financial and emotional realities of self-employment.



### Description

The Starting and Growing My Business group teaches how to save money. It helps people explore their readiness to own a business and practice selling and talking with customers. It also teaches how to keep business financial records, how to turn to God and work with others to solve business problems, and how to grow in faith and build the confidence necessary to run a profitable small business.



### Who is this for?

This group helps those facing challenging job environments. It's also helpful for people who have entrepreneurial talents and interests. The group is not limited to Church members; anyone is welcome to attend.



### How it works

Starting and Growing My Business is often implemented as a self-reliance group (in person or virtual) for 12 weeks. Self-reliance groups work like councils and are enhanced by the experiences of each person as well as the influence of the Holy Ghost. The skills in this manual can also be reviewed and practiced alone or in a coaching situation.

For best-practices for virtual meetings see [ChurchofJesusChrist.org/self-reliance/course-materials/facilitating-groups](https://ChurchofJesusChrist.org/self-reliance/course-materials/facilitating-groups).

A printed version of the manual is available at [store.ChurchofJesusChrist.org](https://store.ChurchofJesusChrist.org) and a digital version and supporting videos are available on the Gospel Library.



### Where to learn more

Visit [ChurchofJesusChrist.org/self-reliance/course-materials/starting-and-growing-my-business](https://ChurchofJesusChrist.org/self-reliance/course-materials/starting-and-growing-my-business).

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### Contact:



# Job Training: Deseret Industries (DI)

(Limited Availability)



## Needs

Individuals seeking work and training, including those with barriers to employment.



## Description

Deseret Industries provides on-the-job training for individuals, including those with barriers to employment.

Deseret Industries offers paid, part-time, temporary employment in a safe and supportive retail store environment.

Deseret Industries helps individuals overcome barriers to employment through work experiences and coaching in areas such as the following:

- Dependability
- Productivity
- Professionalism
- Teachability
- Teamwork

Deseret Industries offers on-site skills training such as cashiering, customer service, retail merchandising, donation processing, house-keeping, and forklift certification.

Included in the Deseret Industries work training experience is Development Counseling Services (DCS). Development counselors are integrated into the work training program.

Development counselors assess needs, assist individuals in creating a plan for progress, and work with job coaches to support individuals in achieving their employability goals. They also help individuals identify vocational training programs and on-the-job training experiences if appropriate. This can also include helping fund additional training.



## Who is this for?

Deseret Industries is for those who need temporary employment or have barriers to employment, including those who could function as a role model to others. Some examples include those who:

- Have struggled in previous jobs.
- Need additional work skills or education.
- Need help learning English.
- Exhibit poor work habits.
- Lack self-confidence or self-esteem.
- Are returning to the workforce.
- Are seeking work experience.
- Are preparing to leave for a mission or have recently returned.
- Have difficulty determining a career direction or are seeking a career transition.

Deseret Industries has locations throughout the western US and Texas.



## How it works

Referrals can be made electronically in the Leader and Clerk Resources website. To submit an online referral, look for the button labeled "+ Referral" in the upper-right section of the site. When you make a referral online, no paper records are necessary. They can also refer individuals by contacting their local Deseret Industries via email, over the phone, or in person.



## Where to learn more

Visit [deseretindustries.org/for-leaders](https://deseretindustries.org/for-leaders).

**Contact:**

# Job Training: Development Counseling Services

(Limited Availability)



## Needs

Many people have barriers that make it difficult for them to secure good jobs and have long-term self-reliance. These barriers may be related to employment history, mental health issues, or other personal or life challenges.



## Description

Development counselors are located in select locations in the US and Canada. They are also located in every Deseret Industries store.

These professionally credentialed counselors help individuals overcome personal barriers and challenges that impact employability. This individualized assistance may include the following:

- Assessments to identify strengths, barriers, and strategies for progress.
- Creation of a development plan toward employment and self-reliance goals.
- Coordination with community agencies and Church leaders to resolve issues that interfere with reaching vocational goals.
- Professional consultation for Church leaders regarding members being served.
- Vocational training and on-the-job opportunities.
- Identification of additional education or training needed. This can also include helping fund additional training.



## Who is this for?

Development Counseling Services is for individuals who need the help of a professional counselor to address employability challenges. They help individuals who are experiencing significant or sustained personal life challenges that are preventing them from obtaining or maintaining employment that leads to self-reliance.

Individuals receiving these services should be mentally and intellectually able to engage a professional counselor on employment related issues.



## How it works

Referrals can be made electronically in the Leader and Clerk Resources website. To submit an online referral, look for the button labeled "+ Referral" in the upper-right section of the site. When you make a referral online, no paper records are necessary. They can also refer an individual to Development Counseling Services by contacting a development counselor over the phone, via email, or in person.



## Where to learn more

Visit [ProvidentLiving.ChurchofJesusChrist.org/development-counseling-services](https://ProvidentLiving.ChurchofJesusChrist.org/development-counseling-services).

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**Contact:**

# Employment Services



## Needs

Having employment is an important part of life. Good employment allows individuals to use their talents and provide for themselves and their families. Looking for work can be challenging, and job seekers may feel unsure, anxious, or inadequate. But finding the right job can help someone achieve their career, personal, and financial goals.



## Description

Individualized job search coaching and support are available through Employment Services. Individuals can get help by visiting the Church's Employment Services website, found at [employment.ChurchofJesusChrist.org](https://employment.ChurchofJesusChrist.org). In some areas, they may also visit an employment center for in-person assistance.

Available resources include the following:

- The Active Job Search program. This program provides skill practice, peer support and feedback, accountability, networking, and resource sharing. Groups meet daily, both online and in person.
- Live and online job search skills workshops. These workshops are offered daily and provide professional training on topics such as where to find job leads, résumés, networking, and interviewing.
- One-on-one coaching and support. These are available both in person and virtually.
- Live and online Ask an Expert sessions. These are forums offered each week where individuals may ask specific questions related to his or her job search.
- Monthly webinars highlighting special job search topics.
- Employment resources, such as employers, job leads, and networking contacts.

- Online self-help materials to help individuals in a job search.
- Career exploration and planning assistance.
- Self-employment support and resources such as training, funding information, and mentors.



## Who is this for?

Employment Services helps those who are unemployed, underemployed, reentering the workforce, or looking to improve their current employment situation. Services provided are not just for Church members; anyone is welcome to visit the website [employment.ChurchofJesusChrist.org](https://employment.ChurchofJesusChrist.org) or an employment center.



## How it works

Employment Services specializes in assisting individuals who are actively job searching with an immediate need. To get help and learn more about the services available, visit [employment.ChurchofJesusChrist.org](https://employment.ChurchofJesusChrist.org).

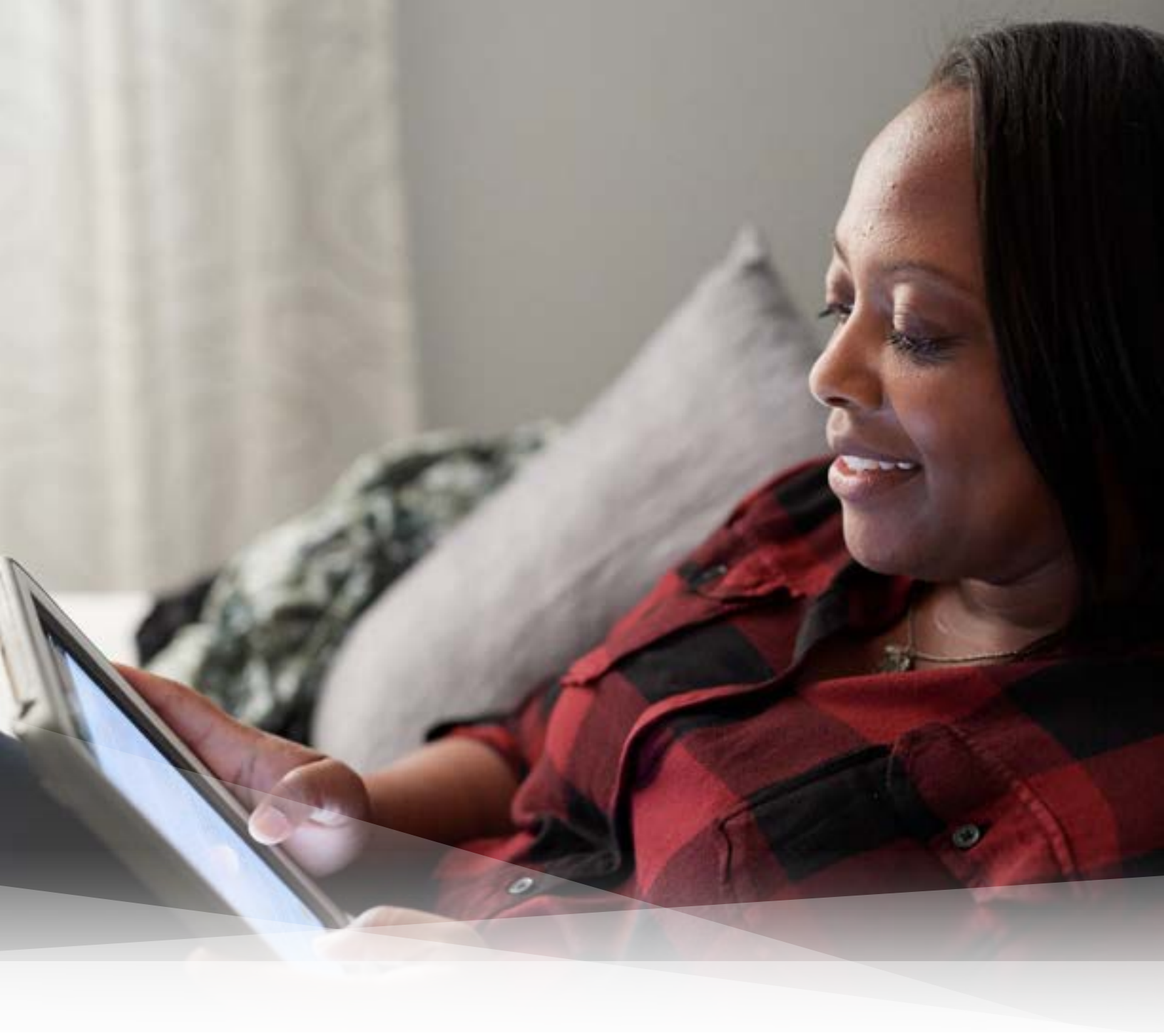


## Where to learn more

Visit [employment.ChurchofJesusChrist.org](https://employment.ChurchofJesusChrist.org).

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## Contact:



# Emotional Health

# Life Help at ChurchofJesusChrist.org



## Needs

People often need help dealing with the challenges of life. They may have unmet physical and emotional needs, or they may be struggling with their education or their relationships. They may be affected by addiction, suicide, or other serious issues.



## Description

This Church website connects people facing challenges with Church-developed or Church-approved help and information, including help with the following:

- Abuse
- Addiction
- Adoption
- Child nutrition
- Death, grieving, and loss
- Disabilities
- Divorce
- Education
- Employment
- Family and relationships
- Finances
- Media safety
- Mental and emotional health
- Parenting
- Physical health
- Pornography
- Preparedness
- Pregnant and single
- Same-sex attraction
- Self-reliance services
- Single-parent families
- Suicide
- Transgender



## Who is this for?

This website is for those struggling with life challenges and for family, friends, and leaders seeking to help others.



## How it works

People can visit the Life Help page on [Church of Jesus Christ.org](https://www.ChurchofJesusChrist.org) to find information and resources. They can also find this information on the Gospel Library app under “Life Help.”



## Where to learn more

Visit [LifeHelp.ChurchofJesusChrist.org](https://LifeHelp.ChurchofJesusChrist.org).

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## Contact:



# Family Services Leader Consultation



## Needs

Many people come to leaders seeking help on sensitive issues. Leaders may need professional insight and advice on how to give support. They may also need help to know when to refer someone for professional help.



## Description

Leader consultation is a free service for leaders needing to speak with a Family Services consultant. This can help Church leaders better understand the social and emotional needs and challenges of their members. Family Services consultants can also help Church leaders learn what resources exist. They can advise on how to move forward if a member needs professional help.

Consultation specialists in the United States, Canada, and a few other locations are licensed mental health professionals. They can help with issues of social and emotional health. International Family Services employees can direct leaders to resources in other nations.



## Who is this for?

Leader consultation services are for ward and stake council members.



## How it works

Leaders can get consultation help by sending a referral through the Family Services Leader Resources website (see the link below). Or they can get help by contacting their local Family Services office. Family Services can also help Church leaders find local community tools.

International: Call your area office.



## Where to learn more

Visit the following resources:

[ProvidentLiving.ChurchofJesusChrist.org/lds-family-services](https://ProvidentLiving.ChurchofJesusChrist.org/lds-family-services)

[ProvidentLiving.ChurchofJesusChrist.org/lds-family-services/leader-resources](https://ProvidentLiving.ChurchofJesusChrist.org/lds-family-services/leader-resources)

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## Contact:

# Abuse Help Line



## Needs

Physical, emotional, and sexual abuse are urgent and sensitive issues that must have an immediate and specific response.



## Description

The abuse help line is a critical tool for local leaders who encounter any form of abuse.



## Who is this for?

This is for priesthood unit leaders, which includes bishops, branch presidents, stake presidents, district presidents, and mission presidents. When other ward or branch organization leaders learn of abuse, they should immediately report it to legal authorities. They should also counsel with their bishop or stake president.



## How it works

Priesthood unit leaders who are informed of abuse by either the abuser or the abused are required to immediately contact the abuse help line. They should also call if they become aware of a member viewing, purchasing, or distributing child pornography. Priesthood leaders will be given counsel on legal requirements and ministering support from legal and clinical professionals.

Here are the various help line numbers across the world:

- United States and Canada: 1-801-240-1911 or 1-800-453-3860, extension 2-1911
- United Kingdom: 0800 970 6757
- Ireland: 1800 937 546
- France: 0805 710 531
- Australia: 02 9841 5454 (from within the country)
- New Zealand: 09 488 5592 (from within the country)

In countries that do not have a help line, a bishop who learns of abuse should contact his stake president. He will seek guidance from the area legal counsel at the area office.



## Where to learn more

For general information on situations of abuse, see “Abuse (Help for the Victim)” and “Abuse (Help for the Offender).” These are on the Counseling Resources website at [ChurchofJesusChrist.org/study/manual/counseling-resources](https://www.ChurchofJesusChrist.org/study/manual/counseling-resources).

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## Contact:

# Addiction Recovery Program



## Needs

Those struggling with addiction and other harmful behaviors need guidance and support from a gospel-centered viewpoint. In equal measure, family members and loved ones of those struggling with such behaviors need support too.



## Description

The addiction recovery program provides free confidential support groups for individuals as they strive for recovery. Each meeting has a facilitator—someone recovering from addiction—who provides hope by sharing his or her personal story and testimony of recovery. Participants find a sponsor, or mentor, to help them work through each step of recovery. Participants study the manual *Addiction Recovery Program: A Guide to Addiction Recovery and Healing* to work through each of the 12 steps in the program.

Meetings are held in person, over the phone, or by video. These groups are not intended to be treatment groups; they are run by volunteers who are not professional therapists. Members may need professional treatment in addition to the addiction recovery support groups.

Spouses and family members may think the only solution to their problems is their loved one's recovery. However, spouse and family support groups can help them heal from the impact of their loved one's addiction whether or not the loved one chooses recovery. These groups operate in a similar way to addiction recovery support groups. Additionally, the manual *Support Guide: Help for Spouses and Family of Those in Recovery* provides critical principles, skills, and support.

Church leaders can encourage members they counsel to attend recovery meetings. Leaders and other members are also welcome at the meetings and can help a member feel comfortable attending a meeting.

Church leaders can use *Addiction Recovery Program: A Guide to Addiction Recovery and Healing* and *Support Guide: Help for Spouses and Family of Those in Recovery* when working with members who struggle with addiction. They can discuss steps and principles during visits, go through the study sections together, and make assignments from the book. Each guide can provide a framework for charting progress toward recovery.



## Who is this for?

This is for those affected by addiction and other harmful behaviors, including the families and friends of those who struggle with such behaviors. It's also for Church leaders seeking support as they minister to those so affected.



## How it works

Meetings for those struggling and for friends and family can be found at [AddictionRecovery.ChurchofJesusChrist.org](https://AddictionRecovery.ChurchofJesusChrist.org).



## Where to learn more

Visit [AddictionRecovery.ChurchofJesusChrist.org](https://AddictionRecovery.ChurchofJesusChrist.org).

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## Contact:

# Counseling Services

(Limited Availability)



## Needs

Each of us deals with challenges in life. Sometimes those challenges can overwhelm us, and we need help. Such experiences may include abuse, depression, addiction, or even natural disasters.



## Description

Short-term professional counseling for missionaries, individuals, couples, and families is available through Family Services.

Pre-mission social and emotional assessments are given at no cost to future missionaries who may need additional support to be successful in the mission field. Family Services can also consult with Church leaders to help a future missionary prepare for service. Some current missionaries may receive support from Family Services counselors or other qualified professionals as approved by their mission president.



## Who is this for?

This is for anyone experiencing overwhelming social and emotional challenges, such as depression, anxiety, abuse, addiction, and so on. Missionary candidates, serving missionaries of any age, couples, single expectant mothers, family members, and other individuals may benefit from counseling.



## How it works

A Church leader must give a referral before Family Services can provide counseling. Leaders can use fast offerings to pay for services as needed. Counselors can recommend alternative treatment options when long-term care is necessary or if someone needs specialized or comprehensive care. These options can include community resources as well.

Missionaries who return home early may have up to six counseling sessions at no cost.



## Where to learn more

General social and emotional health information and support for local leaders are available at [ChurchofJesusChrist.org/get-help/mental-health](https://www.ChurchofJesusChrist.org/get-help/mental-health).

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## Contact:



*I testify to you that your body, mind, and spirit can be transformed, cleansed, and made whole, and you will be freed."*

—M. RUSSELL BALLARD, "O That Cunning Plan of the Evil One," *Ensign* or *Liahona*, Nov. 2010, 110

# Strengthening Marriage; Strengthening the Family

## (Courses)



### Needs

People may want to improve marriage relationships or understand conflict management in a relationship.



### Description

These courses can help families increase harmonious and loving family relationships.

- ***Strengthening Marriage:*** This manual covers six topics: applying gospel principles, communicating with love, fostering equality and unity, overcoming anger, resolving conflict, and enriching marriage.
- ***Strengthening the Family:*** This manual covers the following topics: parenting principles and practices, understanding child development, communicating with love, nurturing children, fostering confidence, overcoming anger, resolving conflict, teaching responsible behavior, and applying consequences.



### Who is this for?

The relationship skills taught in these courses are helpful for all members, whatever their current marital or parenting status. Unit priesthood leaders may invite people to attend either course.



### How it works

Course manuals for Church leaders and members can be found on the Gospel Library app or online. These courses in their entirety, or certain chapters or sessions, may be taught at ward and stake levels as needed. Local leaders may want to teach these courses anytime during the week or after Church meetings on Sunday.



### Where to learn more

Visit [ChurchofJesusChrist.org/topics/family/strengthening-marriages-and-families](https://www.ChurchofJesusChrist.org/topics/family/strengthening-marriages-and-families).

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### Contact:



# Finding Strength in the Lord: Emotional Resilience

## (Self-Reliance Group)



### Needs

All individuals and families face challenges and hardships during this life. Emotional distress is a common and normal response to life's challenges. How they manage life's challenges and disappointments can affect their relationships, spiritual resilience, ability to serve, and ability to provide for their basic needs.



### Description

Finding Strength in the Lord: Emotional Resilience is designed to teach practical skills and develop spiritual resources for managing difficult life experiences. Participants increase emotional strength through the Savior and His Atonement. This is not group therapy or professional treatment for mental health issues. Those experiencing serious issues with depression, stress and anxiety, anger, addiction, or other mental health concerns should seek professional help.

This is a 10-week group that helps participants develop increased emotional strength and wellness through spiritual and practical skills such as the following:

- Building emotional strength
- Developing healthy thinking patterns
- Understanding the connection between our bodies and emotions
- Managing stress and anxiety
- Understanding sadness and depression
- Overcoming anger
- Managing addictive behaviors
- Building healthy relationships
- Providing strength to others



### Who is this for?

This group helps those who want to build greater emotional strength or assist others in increasing their emotional resilience. The group is not limited to Church members. Anyone is welcome to attend. While it can work with groups of various sizes, 8–10 participants is ideal.

When used with youth groups, it is recommended that participants be at least 16 years old and that two adults be present.



### How it works

This can be implemented as a self-reliance group (in person or virtual) that meets weekly for 10 weeks. A self-reliance group is led by facilitators and operates like a council with all participants discussing the course material and sharing thoughts and experiences. The influence of the Holy Ghost is invited to teach and testify of the truths being discussed as well as to provide personal revelation to the participants about building emotional resilience as individuals.

For best-practices for virtual meetings see [ChurchofJesusChrist.org/self-reliance/course-materials/facilitating-groups](https://ChurchofJesusChrist.org/self-reliance/course-materials/facilitating-groups).

A printed version of the manual is available at [store.ChurchofJesusChrist.org](https://store.ChurchofJesusChrist.org) and a digital version is available on the Gospel Library mobile app.



### Where to learn more

Visit [ChurchofJesusChrist.org/self-reliance/course-materials/emotional-resilience-self-reliance-course-video-resources](https://ChurchofJesusChrist.org/self-reliance/course-materials/emotional-resilience-self-reliance-course-video-resources).

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### Contact:



# Preparedness

# Home Storage Centers

(Limited Availability)



## Needs

Church members are encouraged to obtain short-term and long-term supplies of essential food items.



## Description

Home storage centers sell food products and food preparation and storage materials to help Church members and others build a basic supply to meet their unique home storage needs. Several prepackaged items are also available through the online store.



## Who is this for?

Home storage centers are for Church members and others who want to build a supply of food storage. These centers are found across the United States and Canada. Find exact locations at [ProvidentLiving.ChurchofJesusChrist.org/self-reliance/food-storage/home-storage-center-locations](https://ProvidentLiving.ChurchofJesusChrist.org/self-reliance/food-storage/home-storage-center-locations).



## How it works

Church members and others may visit a home storage center in person or online to purchase products they desire. The price list of home storage center items can be downloaded from [ProvidentLiving.ChurchofJesusChrist.org/food-storage/home-storage-center-locations-map](https://ProvidentLiving.ChurchofJesusChrist.org/food-storage/home-storage-center-locations-map).

This site also includes an order form that customers can print, fill out, and take with them to the home storage center.

Home storage items can be purchased online at [store.ChurchofJesusChrist.org/new-category/food-storage/5637160355.c](https://store.ChurchofJesusChrist.org/new-category/food-storage/5637160355.c).



## Where to learn more

Visit [ProvidentLiving.ChurchofJesusChrist.org/food-storage](https://ProvidentLiving.ChurchofJesusChrist.org/food-storage).

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**Contact:**

# Personal Finances

## (Self-Reliance Group)



### Needs

All individuals and families, at all income levels, need personal financial management skills. How they manage their personal finances can affect their relationships, spiritual resilience, ability to serve, and ability to provide for their basic needs.



### Description

This group helps people:

- Understand that the spiritual and the physical are connected.
- Work with God to plan and solve problems and work to improve their financial state.
- Learn how to talk about finances, either with a partner or spouse or with the Lord.
- Gain financial skills like tracking expenses, budgeting, and saving.
- Learn how to get out of debt, prepare for hard times, and invest for the future.



### Who is this for?

The spiritual and practical principles in this group will help any member of the Church. They are especially helpful for those who want to improve or understand their personal finances better, such as young adults, single adults, or the recently married. Those who are divorced or widowed and those who have temporal challenges could also find these principles helpful. If a person is in a commit-

ted relationship, he or she is encouraged to attend with his or her partner or spouse.

The group is not limited to Church members; anyone is welcome to attend.



### How it works

Personal Finances is often implemented as a self-reliance group (in person or virtual) for 12 weeks. Self-reliance groups work like councils and are enhanced by the experiences of each person, as well as the influence of the Holy Ghost. The skills in this manual can also be reviewed and practiced alone or in a coaching situation.

For best-practices for virtual meetings see [ChurchofJesusChrist.org/self-reliance/course-materials/facilitating-groups](https://ChurchofJesusChrist.org/self-reliance/course-materials/facilitating-groups).

A printed version of the manual is available at [store.ChurchofJesusChrist.org](https://store.ChurchofJesusChrist.org) and a digital version and supporting videos are available on the Gospel Library.



### Where to learn more

Visit [ChurchofJesusChrist.org/self-reliance/course-materials/personal-finances](https://ChurchofJesusChrist.org/self-reliance/course-materials/personal-finances).

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### Contact:



*If there is any one thing that will bring peace and contentment into the human heart, and into the family, it is to live within our means."*

—Teachings of Presidents of the Church: Heber J. Grant (2002), 122

# Voluntary Organizations Active in Disaster (VOAD)

(Limited Availability)



## Needs

To help us fulfill our mission of inviting all to come unto Christ and serving those in need, the Church has representatives on local VOAD councils and forums.



## Description

VOAD stands for Voluntary Organizations Active in Disaster. The Area Presidency calls someone to serve as the official Church representative on a state-level VOAD council.



## Who is this for?

State VOAD representatives are called by their Area Presidency and serve under an Area Seventy. Regional and community VOAD representatives serve under stake or district leadership.



## How it works

The Church VOAD representative counsels and plans with other members of VOAD. A VOAD representative has three primary duties:

1. Represent the Church on the state or community VOAD committee. (Community representatives are called by their stake president to serve on local councils, where applicable).

2. Build relationships of trust with partner, civil, and community agencies.
3. Serve as an emergency response subject-matter expert to local Church leaders and welfare and self-reliance managers.



## Where to learn more

Visit the following resources:

[nvoad.org](http://nvoad.org)

[nvoad.org/our-members](http://nvoad.org/our-members)

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## Contact:



# Stake, Ward, and Family Emergency Plans



## Needs

Families, wards, and stakes should plan and prepare for emergencies.



## Description

Creating an emergency plan should include the following steps:

- List likely risks or disasters.
- Gather critical information.
- Outline assignments and procedures.
- Name emergency communication tools and methods.
- Encourage members (of the stake, ward, or family) to be prepared.



## Who is this for?

This is for people in families, wards, and stakes or in branches and districts.



## How it works

Church members and units are encouraged to create plans for responding to natural disasters and other emergencies. Emergency plan outlines, checklists, and more tools are on the Church's website.



## Where to learn more

Visit the following resources:

[ProvidentLiving.ChurchofJesusChrist.org/leader/emergency-preparedness-and-response/area-planning-guide/quick-reference](https://www.ProvidentLiving.ChurchofJesusChrist.org/leader/emergency-preparedness-and-response/area-planning-guide/quick-reference)

[ProvidentLiving.ChurchofJesusChrist.org/emergency-preparedness-and-response/stake-ward-emergency-planning-guide](https://www.ProvidentLiving.ChurchofJesusChrist.org/emergency-preparedness-and-response/stake-ward-emergency-planning-guide)

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## Contact:

# Temporal Preparedness Guide for Individuals and Families

## (Area Specific)



### Needs

Preparing for emergencies or difficult situations can help everyone stay safe and feel more secure. Being prepared allows us to provide for our own needs, our family's needs, and the needs of others when a disaster or unexpected event occurs.



### Description

Areas of the Church have developed their own set of temporal preparedness guidelines to meet their local needs in preparing for disasters or unexpected events. These guidelines include the following topics:

- Emergency planning
- Home storage and production
- Financial preparedness
- Emotional preparedness

There are several online resources on [ChurchofJesusChrist.org](https://www.ChurchofJesusChrist.org) under "Life Help" to assist in preparing for future times of need or emergencies. These resources include the following:

- Spiritual foundations of temporal preparedness
- Tips for making an emergency plan
- Tips for being financially prepared
- Tips for food storage and production
- Tips for emotional preparedness



### Who is this for?

The Temporal Preparedness Guide is for individuals and families to help them prepare for disasters or unexpected events. Stake and ward leaders may also use the guide to help individuals and families prepare for their temporal needs.



### How it works

People can use their local Area Temporal Preparedness Guide if one is available. Or they can use the Temporal Preparedness Resources listed here. These resources provide helpful tips, activities, checklists, and links to community and Church resources. The Church resources can help people prepare spiritually, emotionally, and financially as well as to prepare practical food storage in the event of an emergency, crisis, or time of need.



### Where to learn more

Visit [ChurchofJesusChrist.org/life/temporal-preparedness-resources](https://www.ChurchofJesusChrist.org/life/temporal-preparedness-resources).

*General Handbook*, 22.1.4, "Temporal Preparedness" [ChurchofJesusChrist.org/study/manual/general-handbook/22-providing-for-temporal-needs?id=title\\_number77#title\\_number77](https://www.ChurchofJesusChrist.org/study/manual/general-handbook/22-providing-for-temporal-needs?id=title_number77#title_number77).

Area Temporal Preparedness Guide: All Areas  
[ChurchofJesusChrist.org/life/AreaPreparednessGuides](https://www.ChurchofJesusChrist.org/life/AreaPreparednessGuides)

Area Temporal Preparedness Guide: Utah  
[ChurchofJesusChrist.org/bc/content/shared/english/life-help/Temporal-Preparedness-Guide-Utah-Area-Guide-May-2021.pdf](https://www.ChurchofJesusChrist.org/bc/content/shared/english/life-help/Temporal-Preparedness-Guide-Utah-Area-Guide-May-2021.pdf).

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### Contact:

