



The Christian Education Resource center & Women's Studies

Dear Friends and Partners in Ministry,
Greetings in the name of our Lord Jesus Christ.

The Christian Education Resource Center has been serving the Lebanese, Syrian and Iraqi churches by organizing leadership training events in the areas that churches need most. And one of our projects is to train youth leaders to be better equipped to lead in the best possible way in today's world, especially that the Middle East is in turmoil and there are millions of refugees on the run who have lost everything. Thus, the Christian Education Resource Center helps in preparing and equipping leaders to help and guide in the fields that they are ministering in.

I would love to share with you about our latest training event, the Youth Leaders Training Seminar under the theme **TEENOLOGY 401**, which is part of a series that we are following since the beginning of CERC trainings for youth leaders. This time we focused on **Teen Depression**. As youth leaders it came to our attention that this is a much needed area to discover and learn about and for which we need awareness as well as means and ways to help our teens when they enter this dark period in their teen life.

The Near East School of Theology
The Christian Education Resource Center

Present **TEENOLOGY 401**

TEEN DEPRESSION

Saturday March 14, 2015
9:00 a.m.—1:00 p.m.

Session One: Teenage Depression

- Overview
- Incidence
- Causes
- Risk Factors
- Symptoms
- Impact on Teens
- Suicidal Ideation

Session Two: Intervention

- Diagnosis
- Treatment
- "Depression" in the Bible
- When to seek help?
- How to help as a youth leader?
- Case Study

Place: Near East School of Theology
 Parking is Available
 Participation fee: 5000 L.L.
 Lunch & Coffee Break Included
 Register with Shake Geotcherian at:
 shake_g@hotmail.com
 OR Call 01-349901
 Last Day for Registration is March 12, 2015

Speaker:
Rachel Bassous

The training took place on Saturday, March 14, 2015, and was attended by 44 youth leaders from 16 churches, schools, fellowships and social organizations.



The Participants

Session One:

Teenage Depression

1. Overview
2. Incidence
3. Causes
4. Risk Factors
5. Symptoms
6. Impact on Teens
7. Suicidal Ideation



Our Speaker: Mrs. Rachel Bassous

A short Coffee Break between sessions.



Session Two:

Intervention

1. Diagnosis
2. Treatment
3. "Depression" in the Bible
4. When to seek help?
5. How to help as a youth leader?
6. Case Study



**Thanking our
speaker**

Group activities: Discussing a case study from different perspectives.



After the two sessions, participants shared their evaluation about how this seminar helped them realize how essential were the information provided and how they can implement them.

Some of the feedback we got:

- *It gave me a new perspective in diagnosis, analysis of cases that I am already working with.*
- *The presentation was systematic and helpful. Loved it.*
- *It gave a practical view of how to approach teenagers in case of depression.*
- *It was helpful because it gave a clear picture of depression, signs and symptoms. It was great that we were given a case to study in the small groups activities which was instructive and interesting.*
- *It was helpful especially to learn to distinguish between real depression and sad emotions.*
- *It was the first time I hear about this topic. It was very helpful.*

- *It was very helpful to learn about the ways and means to help teens psychologically as well as spiritually.*
- *It helped me first to understand the issue of depression and also helped me to understand the issues that teens face and how I can be of help to them.*

At the end of the training seminar, all were invited to share a fellowship lunch where the discussions continued about the sessions.



Participants fellowshiping during lunch in the NEST dining hall.

We pray that God continues to use the CERC for organizing such events so that we can better minister to those who are ministering to others.

Thank you for your support and continuous prayers. May God bless you and keep you.

Shake` Geotcherian
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 Director of the Christian Education Resource Center

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