

CELEBRATE RECOVERY FOR STUDENTS



The Landing is an ongoing *Celebrate Recovery for Students* hope filled program for students. The Landing, which is sponsored by the faith community and **Oxygen Youth**. The Landing helps foster hope, truth and joy, as students embark on an exciting journey of engaging videos, meaningful experiences, vibrant worship, and great conversation as they develop true, bonding friendships with others. We know that, in our world today, *students struggle*, on a daily basis, with things like depression, anxiety, loneliness, isolation, bullying, peer pressure, family conflict, self-worth, etc. The Landing is a place where students can feel welcomed and supported just as they are. **The Landing** is meant to not only walk with students through hurts, hang-ups and habits, but it is also a resource that can be applied in preventing future struggles.

Common *areas of struggle* are: loneliness, anxiety; insecurity; discouragement; hopelessness; neediness; inferiority; obsession; broken heart; addiction; eating disorders; anger; depression; suicidal thoughts, etc...

- Bullying**
- Depression**
- Anxiety/Stress**
- Eating Issues/Body Image**
- Loneliness**
- Anger**
- Family Conflict Abuse**
- Suicidal Thoughts**
- Drugs and Alcohol**
- Self Harm**
- Social Media**
- Pornography**
- Sexuality**
- Faith**
- Adverse Childhood Experiences (ACEs)**

The reality is that at some point in life, we all go through struggle. But we get to choose how we respond to it. We have the power to build an unstoppable mindset. Any successful person alive today is a testament to that infinite capacity of the human potential.

