

# Boot Camp Videos



## 12 Week Series

### Fresh Hope Basics: Living Well In Spite of a Mental Health Diagnosis

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#### **Boot Camp Basics Details**

- Pastor Brad has created these videos to help facilitators spur discussion during each meeting's large group time.
- This unit includes 12 content videos (6 on the Fresh Hope Tenets, and 6 on recovery topics), plus an introductory "How-to" video for facilitators to view before presenting.
- Videos may be used as you wish – view alone to prepare for your group topic, or view together with your group
- Videos may be used in any order. Video #7 is a "nuts & bolts" compilation that you might want to show first.
- Handouts accompany some of the videos. These can be found in a Dropbox folder. The link is below.

#### **Vimeo link to Boot Camp Basics – 12 videos + intro video**

<https://vimeo.com/album/4873039>

**Password: Hope123**

#### **Dropbox link for handouts (Videos 8, 9, and 10)**

<https://www.dropbox.com/sh/0rg0k2mq8i0g28q/AAD85-rqzEKHRaZq164vCptMa?dl=0>