

ONLINE RESOURCES

BLOGS



- Fresh Hope Blog

<https://freshhope.us/blog>



- Pastor Brad's Blog

<https://pastorbrad.blog>



- Refocusing Widows Blog

<https://refocusingwidows.org/blog>



FRESH HOPE FOR MENTAL HEALTH VIDEOS

<https://www.youtube.com/@FreshHopeNetwork>



FRESH HOPE FOR MENTAL HEALTH PODCASTS

<https://freshhopeformentalhealth.com>



SUPPORT



To partner with us financially:

<https://freshhope.us/donate>



LET'S CONNECT



- 1-888-815-4673
- info@freshhope.us
- www.freshhope.us
- PO Box 5, Elkhorn, NE 68022

FRESH HOPE RESOURCES



*A Christian peer-to-peer ministry
for those with mental health challenges
and for their loved ones.*

www.freshhope.us info@freshhope.us

FRESH HOPE GROUPS



Are you interested in attending an in-person or online support group?

<https://freshhope.us/fh-groups/find-a-group>



HOPE COACHING



Interested in talking to a Hope Coach?

<https://freshhope.us/hope-coach-connector>



Interested in becoming a Hope Coach?

<https://freshhope.us/product/hope-coach-training>



OUR MINISTRIES AND CURRICULUMS



TRAUMA HEALING

A place to tell your story of pain & grief while experiencing the love of Christ.

<https://freshhope.us/trauma-healing>



FRESH HOPE FOR TEENS

<https://freshhopeforteens.com>



REFOCUSING WIDOWS

A supportive environment where widows embrace grief, discover new identity & purpose, and are empowered to thrive.

<https://refocusingwidows.org>



FRESH HOPE FOR PASTORS

HEALING THE HEART WOUNDS

<https://freshhope.us/fresh-hope-for-pastors>



FRESH HOPE FOR LIVING FREE

Jail Ministry Resources

<https://freshhopeforlivingfree.com>



RESOURCES FOR COUPLES

Fresh Hope in Partnership with Mental Health Strong

<https://freshhope.us/groups-for-couples>



RESOURCES FOR PARENTS

Fresh Hope in Partnership with Key Ministry

<https://freshhope.us/key-to-hope>



BOOKS, COURSES, TRAINING KITS

Visit our store for more details:

<https://freshhope.us/store>



PRESENTING FRESH HOPE

Interested in Learning more about Fresh Hope or Presenting Fresh Hope to your Pastor?

a) INTRODUCING FRESH HOPE:

https://freshhope.us/prestarting_document/introducing-fresh-hope-sheet



b) PRESENTING FRESH HOPE TO YOUR CHURCH:

https://freshhope.us/prestarting_document/presenting-fresh-hope-to-your-church



c) ABOUT FRESH HOPE:

<https://freshhope.us/brochures/about-fresh-hope>

