

At CTK, we value authenticity, simplicity, empowerment, relationship, and caring about the community we live in. One key way we serve is by empowering small groups to make a difference through our local partners who address important issues for those in the hardest life circumstances. The opportunity below is a chance to tangibly demonstrate God's care, compassion, and love for those around us. As your church, we hope this makes it easy for you to put the Great Commandment to love your neighbor as yourself into action!

## REBOUND Roots Obstacle Course

### Who are we serving?

For many of us, thoughts of childhood are filled with happy memories of meaningful relationships that have helped us become who we are today. Rebound exists to bring hope and healing to kids and families whose childhoods have been tainted by abuse, poverty and neglect.

### Who is helping connect us to their needs?

At Rebound, kids and families get a second chance to experience things that many of us take for granted...like knowing they are loved and supported, like building trusting mentoring relationships with caring adults, like becoming accepted and productive members of a caring community.

Working in partnership with local agencies, area churches, local businesses and countless volunteers, Rebound brings hope and healing to the emotional, mental, physical and spiritual aspects of life. Roots Family Enrichment is a weekly program during the school year that offers something for the whole family: trauma-informed parenting classes, middle school groups, and support groups for elementary aged kids.

### How are we serving?

The Winter and Spring Roots program meets on Thursday nights, Jan. 8 – March 1<sup>st</sup> and April 12<sup>th</sup> – May 31<sup>st</sup> at CTK Bellingham. Each Thursday evening, we have recreational activities for the children. A CTK small group staged an obstacle course during our summer Ray of Hope camp and we'd like to add a similar kid-size obstacle course to one of our winter or spring quarter classes. The course could be simple and setup in the Base Camp area after our evening meal, about 6:45 pm. There is also the option of setting it up in another location or classroom of the church, but would need approval first. This fun activity for the kids adds to the variety of the evening and creates relational moments that matter!

### Who do you contact to commit to this opportunity and work out the details?

The style and course specifics would be entirely up to your group, but it needs to be fun for both 5 year olds as well as junior high age. Possibly stage one for the little folks and then add some more challenging obstacles for the older groups. If your group would like to help setup and run the obstacle course, please contact Mark Kadel at [mark@reboundfamilies.org](mailto:mark@reboundfamilies.org) and/or Shelli Wood at [shelli@reboundfamilies.org](mailto:shelli@reboundfamilies.org) or call us at 509-714.0700.

If you need help in the process, Wendy at CTK is available ([wendyp@ctk.church](mailto:wendyp@ctk.church) or 733-1337 ext 212  
Please share your project with us by using the hashtag **#CTKserves** on social media!