



Life Hope Centers are an initiative of the General Conference of Seventh-day Adventists, through the Office of Adventist Mission. The name, “Life Hope Centers” is the public branding for what Ellen White termed “Centers of Influence.”





GLOBAL MISSION
Urban Centers of Influence

Urban Centers of Influence

are places where the church serves the community, makes disciples, and starts new groups of believers.

Resources, including materials for courses listed in these cards, can be found at:

UrbanCenters.org

MissionToTheCities.org

RevivalandReformation.org

VividFaith.com

HealthMinistries.com

Family.Adventist.org



Partner with us!
visit us at urbancenters.org



Looking to further God's Mission to the Cities?

Collaborate with your local conference
to start new urban churches by:

- Sharing your ministry skills and expertise
to reach unreached urban people groups
- Starting a Life Hope Center, like a dental clinic, vegetarian food truck, or daycare
- Investing with GC Global Mission to fund Life Hope Centers in unreached cities

Register at **urbancenters.org** to access resources and meet
needs in cities like Jesus did!



Church-Planting Tools

visit us at urbancenters.org



Make Disciples in Your City Like Jesus

Young adults with One Year in Mission are called by God to make disciples among unreached people. Disciple making happens best through relationships and small gatherings, like Youth Alive's Friendship Groups and other small group initiatives.

Register at **urbancenters.org** to access materials that will help your **Life Hope Center** start new groups of believers through meeting needs like Jesus did.



Birth Companions
visit us at urbancenters.org



Birth Companions

Train caring individuals to mentor, support, and advocate for mothers-to-be in this 11-session course.

Topics include:

- **Setting Up a Training Program**
- **The Three Stages of Labor**
- **The ABCs of Natural Labor Management**
- **Much more**



Healthy Living
visit us at urbancenters.org

CELEBRATIONS®

CELEBRATIONS® stands for 12 healthy living principles:

- **Choice**
- **Exercise**
- **Liquids**
- **Environment**
- **Belief**
- **Rest**
- **Air**
- **Temperance**
- **Integrity**
- **Optimism**
- **Nutrition**
- **Social Support**



Help communities experience and celebrate healthy living! Go to **urbancenters.org** for leaders' guides and PowerPoint presentations.



DSLR Photography
visit us at urbancenters.org

How to Take Photographs Using Your DSLR Camera

Help attendees capture moments in a snap with their own professional photos! Courses include:

- **Basics of digital photography**
- **Rules and techniques to compose better photos**
- **Factors that affect the quality of photos**
- **Photo gear and filters**





Community Health
visit us at urbancenters.org



Topics include:

- **Alcohol and Drug Abuse**
- **Depression**
- **Diabetes**
- **Stress and Violence**
- **STDs**
- **Family Planning**
- **Child Nutrition**
- **Much more**

Community Health

Urban and rural communities alike may lack access to quality medical care. Empower them with the health information they may need!



Résumé Writing
visit us at urbancenters.org

Résumé Writing

Help job-seekers put
their best foot forward.



Topics include:

- **Writing a cover letter**
- **Gathering personal information**
- **Creating a work objective and summary**
- **Detailing education, work experience, projects, accomplishments, and affiliations**
- **Formatting and proofreading**



Get Fit Today
visit us at urbancenters.org



Get Fit Today

Help participants develop habits of regular and satisfying physical activity in eight sessions. Promotional materials are included.

Topics
include:

- **Principles for Fitness**
- **Vigorous Intensity Fitness**
- **Strength Training**
- **Weight Loss**
- **Fitness for Seniors, Children, and Pregnant Women**
- **Much more**



Fund Your LHC
visit us at urbancenters.org

Income Generation

Wondering how to jumpstart your great idea for a Life Hope Center? Learn from successful Life Hope Centers from around the world in this course. Topics include:

- **Startup ideas and materials**
- **Suggestions for staffing**
- **Marketing ideas**
- **Much more**





Learn PowerPoint
visit us at urbancenters.org



How to Create a PowerPoint Presentation

Train beginners to use PowerPoint in this four-session course, which includes explanations of:

- **Templates**
- **Backgrounds**
- **Fonts**
- **Photos**
- **Tables**
- **Graphs**
- **Animations**
- **Transitions**



How to Use an iPad
visit us at urbancenters.org

How to Use an iPad

Help beginners learn all the ins and outs of using an iPad.

Topics
include:

- **Choosing the right iPad**
- **Basic functions and navigation**
- **Setting up, organizing, and backing up an iPad**
- **Downloading and using apps**





Heart Health
visit us at urbancenters.org



Heart Health

Teach your community about cardiovascular health with this eight-session course written by a cardiac specialist.

Tops
include:

- **Cardiovascular Health**
- **Atherosclerosis**
- **Coronary Artery Disease**
- **Hypertension**
- **Heart Failure**
- **Women's Heart Disease**
- **Questions from the Heart**



iPhone Movie Making

visit us at urbancenters.org

Making Movies on an iPhone

Help people create their own short movies, right from their smartphones.

- **Setting camera modes such as panorama, zoom, and special effects**
- **Shooting and editing video clips in iMovie**
- **Adding audio to movies, including sound effects, background music and voice-over recordings**
- **Organizing videos and still photos in albums**
- **Sharing videos on YouTube**





Addiction Recovery

visit us at urbancenters.org



Journey to Wholeness

Help people recovering from addiction strengthen the habits of an addiction-free lifestyle.

The Journey to Wholeness course follows the pattern of a 12-step program for recovery, but provides materials for 60 sessions which run 5 days at a time.