FAQs

Who is Thrive for?

Thrive is for everyone, whether you currently feel anxious/stressed or not. We think every student can benefit from better understanding what's causing stress/anxiety and some practical steps forward. If you've ever wondered where God is in the midst of stress and anxiety, this event is also for you.

You weren't made to just survive; you were made to thrive!

What can I expect from Thrive?

We're planning to hear from a mental health expert in order to help us better understand the causes of stress and anxiety in our lives and what we can do about it. This clinical perspective will be joined with a Gospel perspective. God designed our minds and cares about how we care for them.

We'll learn about practical ways to move forward and will have space to process what we're learning and how we can apply it to our own lives both individually and in community with others.

We'll also hear from people in various stages of life and how coping with stress in school and life intersects with faith in meaningful ways during our Q&A time.

Thrive will also be an opportunity to practice rest and seeking peace in a variety of ways through optional stations throughout the afternoon (and you can find some time to study too if you want). Feel free to bring your homework!

Can I invite a friend?

Yes! Whether your friend is a part of Blackhawk or not, they are invited. If your friend is not a Christian, that's cool too! Just be honest with them that our community always looks to Jesus for truth and life. So, as long as they're open-minded to that perspective, let's goooooo!

Will there be food?

Yes! We'll have lunch together catered by Chipotle as well as plenty of coffee and donuts.