

## MILITARY SERVICE MEMBER

# RESOURCE LIST

### GET CONNECTED

**Join a RHC Small Group!** - We have many summer small groups for anyone to connect in. You can view them all on our app or website.

- THE ONE Small Group - a Christ-centered Zoom Bible study group for all service members

### Join us Online or In-Person for Services at Rock Hills Church

- Sunday Services - We offer services each Sunday at 8:30a, 10a, and 11:30a
- First Wednesday Services - The first Wednesday of each month we get together at 7p to worship, share communion together, pray, and hear an encouraging message
  - Kids Rock is available during both Sunday and First Wednesday services for infants through 5<sup>th</sup> grade
  - For teenagers - join us at Rock Hills Youth Wednesday evenings at 6:30p. For 6<sup>th</sup> through 12<sup>th</sup> grade students



### FINANCES/FOOD

**Financial Peace University** - Only \$40 for Military!

- [CLICK HERE](#) to learn about the discounted rate

**Shepherd's Crossing** - Financial Help Today. Hope for Tomorrow.

- Shepherd's Crossing provides direct financial assistance for rent, utilities, and prescription medications, along with personal budget guidance and referrals to trusted community partners. Rooted in faith, we meet urgent financial needs with compassion, dignity, and practical care that strengthens tomorrow.

### **Flint Hills Breadbasket**

- Flint Hills Breadbasket's vision is there is "No One In Need Among Us".
- Their mission is to provide reliable access to healthy food, build connections with community partners, and empower neighbors to meet their basic needs.

**MHK Blessing Boxes** - Blessing Boxes are community pantries, started by Nourish Together, that have 24/7 access Boxes are regularly stocked by their box sponsors and by the general public. Below are their locations

- Find all the Blessing Box locations [HERE](#)



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## MILITARY MINISTRIES

**The Veteran Support Network** - For Veterans + Active Duty Military

- The VSN at Be Able builds connection, advocacy, and belonging among veterans through shared experience and community. They honor each veteran's resilience by fostering trust, restoring hope, and promoting purpose after service. To strengthen these bonds, they invite all veterans, their families, and community supporters to their monthly Veteran Community Breakfast.
- The Community Breakfast is held on the first Saturday of each month from 8a-10a at the Be Able Community Center in Manhattan, KS

**The Warrior's Journey** - A community of warriors helping warriors find true resilience. No paperwork. No red tape. No bull.

- Healing Invisible Wounds - The Warrior's Journey has been developing innovative new ways to connect warriors in crisis with the help and resources they need. The impact is real. We are providing help, strengthening families, and saving lives.



## PARENT RESOURCES

**RHC Kids Rock - Infant through 5<sup>th</sup> grade**

- At Kids Rock, our vision is for every child that participates in our ministry to be exposed to a real and genuine God that loves each one of them as they are. We desire to lay the foundation for an intimate relationship with Jesus Christ as their Lord. Your child will learn about spiritual disciplines like praying and reading their Bible. Our main mission is for each child to leave our classrooms each week with a better understanding of who Jesus is and how to pursue a relationship with Him everyday.

**RHC Buddy Ministry**

- Our heart is to walk alongside families and provide unconditional love, support, and individualized care for children with additional needs during their time in Kids Rock. Every child deserves to feel seen, safe, and celebrated...and our buddies help make that possible. Each child's experience is tailored just for them. We work closely with caregivers, complete a simple intake form, and spend time getting to know the child in their Kids Rock classroom so we can offer meaningful, personalized support.

**Parent Cue**

- Parent Cue is an amazing resource that helps parents develop their child's character, build an everyday faith in families, and establish a lasting connection by making the most of the moments you spend together as a family!

**Hero Squad**

- Hero Squad helps Military children and their families learn they are known and loved by God who provides strength for life's battles through inspiring Bible-based activities and teaching.



# RESOURCE LIST

## RHC RECOMMENDED CHRISTIAN COUNSELORS

The following counselors are recommended Christian counselors; additional providers may be found at <https://www.mhkmentalhealth.org>. We highly recommend choosing a filter on the above website to search specifically for Christian counselors.

### Full Range Foundation

FRF staff are trained and certified in specialized coaching and trauma-informed care areas, providing mental health coaching services virtually.

Our team uses an integrative therapeutic coaching framework with a strong emphasis on existential and values-centered approaches, helping clients explore meaning, identity, purpose, and healing in life transitions.

Our focus areas include:

- Trauma recovery
- Sexual abuse and sexual assault healing
- Moral injury
- PTSD and combat-related trauma
- Marriage and couples coaching
- Individual life and mental health coaching

We serve individuals, couples, and families with a whole-person approach that addresses emotional, relational, spiritual, and psychological well-being while remaining grounded in ethical, trauma-informed practice.

### Christ First Counseling Center (Topeka, KS)

- Individuals, Couples, Families
- Anxiety, Depression, Loss, Grief, Chronic Illness, Life Transitions, Spiritual Guidance, Military Deployment and Family Reintegration, Pre-marital Counseling, Addiction, Stress, Anger, and Conflict Management
- Contact: 888-383-2322

