



Well *of* GRACE Ministry Center 5707 Red Arrow Hwy, Stevensville, MI 49127

*“Club H2O”* is a faith-based group especially designed for young women, ages 13-18. It’s a safe place for them to connect with each other while engaging in discussions and activities to increase self-esteem, healthy coping strategies and learn about boundaries to build secure relationships. To join *“Club H2O”* is free to all participants and the program is facilitated by Master’s level therapists.

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WELL WRITERS for **teens**

October-June

**Meetings held the 1st Thursday of every month** at Well of GRACE

Call to reserve your seat in this group!

5:00-6:30 p.m.

**MOOD DISORDERS in teens**

**Tuesdays at WOGM**

5:00-6:30 p.m.

October 17th, Oct 31st,

Nov. 7th, Nov. 21st,

Dec. 5th, Dec 19th

**SELF ESTEEM**

**Wednesdays at WOGM**

5:00-6:30 p.m.

Sept 27th, October 11th, October 25th, Nov. 8th, Nov. 22nd, Dec. 6th

**Well *of* GRACE Ministries also offers groups at the following area locations.**

*Talk to your school guidance counselor, community leader, or pastor to get a group started at your school, community center or church.*

Countryside Academy High/Middle

St. Joseph High School

Upton Middle School

Bridgman High School

F.C. Reed Middle School

Buchanan High School

Buchanan Middle School

Benton Harbor Middle/High

Paw Paw Middle School

New Buffalo High School

River Valley High School

Watervliet Middle/High School/WAY

***You must have parent permission to participate.***