

Oasis

A place of calm in the midst of chaos

For Adult Women

Well of GRACE Ministries Center

5707 Red Arrow Hwy, Stevensville, MI 49127

This is a structured group with therapeutic activities and discussions that address key issues in an environment where you can learn and share in a small group setting.

Monthly Topical Meetings:

CONFLICT RESOLUTION let's talk about conflict while adding some healthy tools to our toolboxes. Take a pro-active approach to reduce conflict in your life in various areas.
Saturday, Jan 16th 9 am-12:00 pm

LOVE THY NEIGHBOR: Boundaries Conversation we will learn about the biblical nature of "loving others" and what it means to love people, including ourselves well.
Sunday, Feb 21st 2 pm-5:00 pm

EMOTIONAL HEALING as we move toward spring and experience the return of birds chirping, we are reminded that there are seasons for all things. Let's dig into emotional healing and how to process places that we have been stuck while move toward healing.
Saturday, March 20th 9 am-12:00 pm

GROWTH MINDSETS we will learn the different types of mindset that allow for growth or feeling stuck. From Carol Dweck's ground breaking work, we will learn together.
Sunday, April 11th, 2 pm-5:00 pm

RENEWAL there is no better time to talk about renewal than in the spring. We will do some experiential activities to cultivate and renewal mindset and practice. Together we will learn how to hold onto what is necessary while practicing letting go.
Saturday, May 23rd, 9am-12noon

To reserve your spot, please call our office: 269-428-9355

Offered by:



WELLofGRACE MINISTRIES
Girls Restored And Christ Exalted

www.wellofgraceministries.com

