

# 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. This group meets for 6-8 weeks at a time. If you need a safe place for self-discovery, healing and support, register today!

**Wednesdays; 5-6:30pm**

**Dec. 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, Jan 2<sup>nd</sup>, Jan 9<sup>th</sup> & 16<sup>th</sup>**

### ***Monthly Topical Meetings:***

**January 12<sup>th</sup>: 9a.m. – 12p.m. Life Transitions Oasis** Some transitions (or change) occur suddenly, unexpectedly, while others happen gradually over time. Even with a change that is exciting or needed, change can still be uncomfortable or stressful. Let's explore some positive aspects of Life Transitions.

**February 9<sup>th</sup>: 9a.m. – 12p.m. Experience Happiness Oasis** Happiness is more than a fleeting feeling. Researchers suggest sustainable happiness is achievable; there are set skills you can learn and practice to help you along the path to happiness.

**March 9<sup>th</sup>: 9a.m. – 12p.m. Character Strengths.** Learning our character strengths isn't just interesting information, when applied character strengths can have a lasting positive impact on our life. Come learn your strengths and live in your purpose.

**April 6<sup>th</sup>: 9a.m. – 12p.m. Resolving Boundary Conflicts.** Optimize your Relationships (with self and others). This group will help you identify options for resolving interpersonal boundary problems.

**May 4<sup>th</sup>: 9a.m. – 12p.m. Resiliency in the Storms of Life.** The way we respond to life's difficulties can make all the difference. Our thoughts, feelings, and behaviors in difficult time may be a red flag for unhealthy coping. Let's learn a healthy attitude of response.

To reserve your spot, please call our office:

269-428-9355

Offered by:



**WELL of GRACE MINISTRIES**  
Girls Restored And Christ Exalted

[www.wellofgraceministries.com](http://www.wellofgraceministries.com)

