

Oasis

A place of calm in the midst of chaos

Summer Workshops Announced

For Adult Women

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. If you need a safe place to discover healing and understanding, register today!

Topics:

Saturday, June 15th

10:00 a.m. – 12:00 noon

“Seeds for the Soul”

You are strong. You can endure. You can grow. Join us at The Home Depot to make an edible raised garden project and leave with “seeds” to nourish your soul.

2075 Pipestone Road, Benton Harbor

Saturday, June 22nd

1:00 – 3:00 p.m.

“Elements of Self-Care”

Self-care is a vital element of our wellness wheel. Come experience the Warm Healing Himalayan Salt Cave at The Healing Arts Center. Relax in a comfortable zero gravity lounge & enjoy the feeling of both deep peace and rejuvenation.

109 North 3rd Street, Niles

Wednesday, July 10th

11:30 a.m. – 1:00 p.m.

“Mindfulness in the Garden”

Mindfulness is a useful coping skill. Come sit with us in Fernwood’s Japanese Garden and participate in mindful journaling. After taking in the magical world we live in, enjoy dessert (the mindful way) in the café.

13988 Range Line Road, Niles

Friday, August 2nd

6:00-8:00 p.m.

“Color Your Way”

We experience all sorts of days. Some seem sunny and bright; others dark ‘shades.’ Using colors combinations, “get out your feelings” by creating a fused glass nightlight at Water Street Glassworks

140 Water St, Benton Harbor

Saturday, August 24th

3:00-6:00 p.m.

“Express Yourself”

In all the world there is no one exactly like you. Celebrate your uniqueness by joining us at Turquoise Top Hat and express your creative potential through inspirational creative wood painted signs.

5705 Red Arrow Hwy Stevensville

To reserve your spot in any of these classes, please call our office: 269-428-9355

Offered by:



WELL of GRACE MINISTRIES
Girls Restored And Christ Exalted