

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

Monthly Topical Meetings:

Topical groups for women –all schedules are tentative, please check for cancelations before attending groups. Be sure to RSVP by calling 269-428-9355, limited seats.

“Time and Transitions”

Saturday, June 27th 9:00 a.m. – 12:00 noon

Let’s talk about time and transitions. Each chapter of life provide different challenges. Some of life’s transitions are exciting and filled with joy while other transitions are difficult and often go without much conversation or support. Let’s get together and learn how to cope, learn from and accept some of life’s transitions.

“Creative Expression”

Saturday, July 25th 9 a.m. – 12:00 noon

Let’s get creative! We will have multiple stations set up throughout our center. We will identify different ways to use creativity as a healthy coping skill. Let’s get creative together! All skill levels welcome. No previous art skills needed.

“Changing Stinkin’ Thinkin’”

Sunday, August 9th 2:00 p.m.-5:00 p.m.

We all get stuck in unhelpful thinking traps. In this group, we will identify common thinking traps and provide strategies on how to update our thinking styles. Thinking impacts our feelings directly, if our thinking is unhealthy typically our mood and feelings are negatively impacted. Let’s help increase our wellness by creating healthier thinking patterns.

“Getting to Know YOU”

Sunday, Sept. 9th 2:00 p.m.-5:00 p.m.

Let’s connect and talk about getting to know yourself better. We will look into personality style and focus on individual strengths. This session will help identify blind spots and boundaries to safeguard these areas. We are thrilled to provide a safe place for women to connect and discover more about themselves.

Offered by:



WELLofGRACE MINISTRIES
Girls Restored And Christ Exalted

www.wellofgraceministries.com