

# Oasis

A place of calm in the midst of chaos

## Winter/Spring Groups 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!

### ***What and Where:***

**Niles District Library  
One-day a month Groups**

### ***Topics:***

Monday, January 14<sup>th</sup>

10:00-11:30 a.m.

#### ***“Life Transitions”***

Some transitions occur suddenly, unexpectedly, while others happen gradually. Even needed change can be stressful. Let’s explore some positive aspects of Life Transitions.

Monday, February 11<sup>th</sup>

10:00-11:30 a.m.

#### ***“Experience Happiness”***

Happiness is more than a fleeting feeling. Sustainable happiness is achievable. There are skills you can learn and practice to help you along the path to happiness.

Monday, March 11<sup>th</sup>

10:00-11:30 a.m.

#### ***“Character Strengths”***

Learning our character strengths isn’t just interesting information. When applied, these strengths can have a lasting positive impact on our life.

Monday, April 8<sup>th</sup>

10:00-11:30 a.m.

#### ***“Resolving Boundary Conflicts”***

Optimize your relationships (with self & others). This group will help you identify options for resolving interpersonal boundary problems.

Monday, May 13<sup>th</sup>

10:00-11:30 a.m.

#### ***“Resiliency in Troubling Times”***

The way we respond to life’s difficulties can make all the difference. Our responses in difficult times may be red flags for unhealthy coping. Let’s learn a healthy attitude of response.

**To reserve your spot, call:**

**Kara Youngblood, MA LLPC, at the Well of GRACE Office: 269-428-9355**

**Offered by:**



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

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