

WELL of GRACE MINISTRIES

5675 Fairview Avenue
Stevensville, MI 49127
TEL: 269.428.WELL
FAX: 269.429.5754

www.wellofgraceministries.com



WELL of GRACE MINISTRIES
Girls Restored And Christ Exalted

You matter.

A lot.

Our Mission Statement

Well of GRACE Ministries is a non-profit Christ-centered organization that transforms physically, emotionally, and spiritually wounded young women.

Well of GRACE Ministries is a 501 (c)3 non-profit organization. Our funding comes entirely from generous individuals, organizations, churches, civic groups and foundations.

Dewpoint

The point at which
change occurs.



WELL of GRACE MINISTRIES
Girls Restored And Christ Exalted

Encouraging you to live life with potential, purpose & possibilities.

what is it?

Dewpoint

It is a safe place for women struggling with eating disorders to connect with each other and discuss related issues in an effort to develop positive change.

Dewpoint is a support group provided in collaboration with **SMEDA, Southwest Michigan Eating Disorders Association.**

www.wellofgraceministries.com.

what to expect?

Engaging activities and discussions

Each meeting is designed to educate and encourage participants to address important issues related to eating disorders and their treatment. The topics for our meetings will include body image, stress management, nutrition, cognitive restructuring, and relapse prevention. Participants can look forward to a variety of educational and therapeutic activities which will empower them as they struggle with their own issues regarding eating disorders.

can I get involved?

Sure! *Dewpoint* is free of charge

Made possible through the generous contributions of donors to Well of GRACE Ministries. Contact us at 269.428.9355 to participate.

when/where?

There are six meetings total that are scheduled twice a month. Registration is encouraged, but not required. Participants under 18 years of age will need a signed consent letter from a parent or guardian to participate.

All of the programs offered by **WELL of GRACE MINISTRIES** are free of charge to participants and are facilitated by Masters level therapists.