

## Reflections from the Well



### Girls Restored and Christ Exalted



**Club H2O** is currently running after school programs for middle school and high school girls. Two clubs are currently meeting at First Church of God in St. Joseph and at the Overflow Café in the Orchards Mall.

We are preparing for our summer sessions and would love to see your middle school or high school girl be a part of **Club H2O!** Our two summer sessions will run for six weeks each to allow your family time for other summer activities. Sessions begin on June 16th, and on July 28th. Check out our website, [www.wellofgraceministries.com](http://www.wellofgraceministries.com) and click on the **Club H2O** icon for session dates, times, and a registration form or call our office at 269.428.9355.



*The past year was a tough year for many non-profit organizations, including Well of GRACE. For several years, we have had a year end donation challenge with a matching component. The matching challenge of 2009 which was offered by a couple donors was \$18,000. The total of donations received in December did not quite achieve that goal. We are thankful for the many people who did dig deep and sacrificed which allowed us to come close to our goal.*

## Announcing: "The Day Program"

In our residential program our staff often claimed Jeremiah 29:11 for our residents: "For I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you, plans to give you hope and a future." In 2009 the Board of Directors for Well of GRACE Ministries claimed that verse for the ministry as they were faced with many difficult challenges and decisions resulting from the decline of the economy and less resources available.

The Well was created to bring hope and healing to many young women in our community who struggle with depression, anxiety, eating disorders, self-injury, or issues resulting from past abuse. Since November, 2007, The Well has provided residential treatment at no cost for twelve young women. As financial support diminished, Board members decided that the model for the ministry needed to change if they wanted to continue changing the lives of young women.

In response to the need to reduce costs, The Well will launch a Day Program beginning on March 16, 2010, and is proud to add, there will be no cost to the participants! It will serve young women (ages 18-25) who need to address emotional, relational and/or spiritual issues in their lives. The restructuring will also allow The Well to serve more young women. In the residential program, The Well could only serve four young women at a time. With the structure of our new Day Program, however, The Well is able to provide services to ten!

Participants will receive six hours of intense programming on both Tuesdays and Thursdays, which will run for twelve-week sessions. Each week will highlight one of the following topics: self-esteem, anger, trauma, relationships, forgiveness, stress management, depression, anxiety, boundaries, shame/guilt, love, and purpose. The Day Program will meet at our home in St. Joseph and will continue using many of the same resources that have proven successful over the past two years. It will be facilitated by Master's Level therapists who have a passion for working with hurting young women.

Although the restructuring process was very difficult, we are very excited about the new changes and opportunities God has provided. God has been faithful through the process and we are grateful that we serve a God who gives us all hope and a future.

*We are very encouraged by your notes, continued financial support, and your precious prayers.*

To download the one page application for the Day Program or to receive more information, visit our website at [www.wellofgraceministries.com](http://www.wellofgraceministries.com) or call our office at 269.428.9355.



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

**Our Mission: Well of Grace Ministries is a non-profit, Christ-centered organization that transforms physically, emotionally, and spiritually wounded young women.**

Registration forms available at [www.wellofgraceministries.com](http://www.wellofgraceministries.com) or call Kim at 269-408-1195.

Life can often be like a game of Mud Volleyball. We get gunked up with what happens in life. We slip and fall and make things worse. Sometimes we get so dirty that we think we could never be clean again! Jesus provides the water that can take all that mud off and leave us feeling clean again. Well of GRACE Ministries believes that experiencing Jesus will help clean up the gunk and make the game of life more enjoyable! Join the fun...

Mud Volleyball Tournament  
July 31, 2010  
St. Joseph Christian Reformed Church



# Grab A Buddy & Get Muddy!

## DRAWING FROM GOD’S WELL

### Praises:

- We thank God for excitement and opportunities for new developments and programming in the ministry.

### Prayers:

- Pray that our new Day Program will impact the lives of many young women in our community.
- Pray for participants in “Club H2O”
- Pray for the grant that we’re applying for. Pray that we can develop new ways of raising money to fund our ministry.
- Pray for Mud Volley Ball Plans.

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

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