

living grace group

Living Grace is a 16-week online group discipleship experience for Christians who are coping with mental and emotional health challenges such as stress, anxiety, depression, grief, addictions, chronic health problems, and traumatic experiences.

Through learning, encouraging, and praying together, we will support one another in Biblical hope and resiliency.

Each week, our workbook 'Living Grace' will guide us through three sections with insights and questions:

FAITH: Biblical story relevant to mental & emotional health.

FACTS: Biblical truths, neuroscience research, and practical resiliency tools.

FUTURE: Review final points and encouragement.

SESSION OUTLINE:

SESSION 1: YOUR TRUE IDENTITY

SESSION 2: MENTAL HEALTH RECOVERY

SESSION 3: GOD IS BIGGER THAN OUR WEAKNESS

SESSION 4: MEDICATION

SESSION 5: WHOLE-HEALTH STRENGTH AND RENEWAL

SESSION 6: RENEWING YOUR MIND

SESSION 7: REST, RELAXATION, AND JOY

SESSION 8: MANAGING STRESSORS

SESSION 9: CYCLES AND TRIGGERS

SESSION 10: MINDFUL OF GRACE

SESSION 11: GRIEVING AND GRACE

SESSION 12: LIFE-GIVING COMMUNITY

SESSION 13: SAFE AND HEALTHY RELATIONSHIPS

SESSION 14: IT'S NOT YOUR FAULT

SESSION 15: STAYING RESILIENT

SESSION 16: CELEBRATE YOUR GROWTH

For more information on '**Living Grace**' from Grace Alliance check out <https://mentalhealthgracealliance.org/>

Dates: Tuesday evenings 7:00 to 8:30 pm weekly
March 2 to June 15, 2021

Location: Zoom online

Cost: \$50 registration fee includes 'Living Grace' personal workbook
(if cost is a barrier to participation, funding is available)

Facilitators: Len Harms M. Div. - Pastor
Sharon Harms RN, M.A. Counselling Psychology - Counsellor

Interested in joining? Email Pastor Len len.harms@wefc.net

