



*Discover who you really are and
develop all you're created to be!*

A safe group for teen girls, ages 13-18, to connect, increase self-esteem, and learn healthy boundary setting strategies to find potential and explore possibilities...defining who you are on the inside and out...and celebrating what makes you unique. This group will assist you with healthy tools to cope with tough feelings and situations, opportunities to talk about issues and problem solve with your peers.

Our groups are professionally led and free of charge to our participants *Snacks provided.*

***Preregistration required. Call our office: 269-428-9355 or
email Camille at camille@wellofgraceministries.com**

Mindfulness Group

James Heddon Park, Dowagiac, MI

12:00-2:00 p.m.

June 17th – Introduction to Mindfulness

July 8th – Mindfulness & Art

Aug. 17th – Mindfulness & Yoga

Well of GRACE Ministries also offers groups at the following area schools during the academic calendar year (Fall, Winter, Spring).

Brandywine High School
Brandywine Middle School
Bridgman High School
Bridgman-FC Reed Middle School
Buchanan High School
Buchanan Middle School
New Buffalo High School

New Buffalo Middle School
Riverside/Hagar School
St. Joseph High School
St. Joseph-Upton Middle School
Watervliet High School
Watervliet Middle School

Talk to your school guidance counselor, community leader, or pastor to get a group started at your school, community center or church.

You must have parent permission to participate.

United Way
of Southwest Michigan

