



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-awareness, and learn healthy boundary setting strategies to find potential and explore possibilities. Self-awareness helps individuals define who you are on the inside and out while celebrating what makes you unique. Club H2O provides healthy tools to cope with tough feelings and situations, while in a safe environment. Our groups are professionally led and free to attend.

**\*Pre-registration & signed parent permission slip- required 269-428-9355**

### Saturdays at Well of GRACE

#### Weekdays at Well of GRACE Tuesdays, 4-6pm

- April 12<sup>th</sup>** “Healthy Coping”
- April 26<sup>th</sup>** “Finding Your Strengths”
- May 17<sup>th</sup>** “Self-discovery 101”
- May 24<sup>th</sup>** “Creative Expression”

#### June date: TBA

**3-hour Photography Class** and assistance with “Still Beautiful Event.” Contact Miss Ali for more info [ali@wellofgraceministries.com](mailto:ali@wellofgraceministries.com)

**Thursday, June 16<sup>th</sup>**  
Mother/Daughter group  
“Communication”

**Time to be Announce –call for more info**

#### May 21<sup>st</sup> (1-3:30 pm)

“Resiliency in Life’s Storms” –using creative expression to cope with adversity (beach glass)

#### June 11<sup>th</sup> (10am-2pm)

“Escape Goat-ing” we will be heading to the zoo together! Meeting at Well of GRACE. While on our adventure, we will discuss the idea of scapegoating and how we can create healthy boundaries for our thoughts, feelings and actions while accepting responsibility appropriately. This balance helps to increase self-esteem and awareness.

#### July 16<sup>th</sup> (1-3:30 pm)

“Emotional Intelligence” we will be providing some key information on what is emotional intelligence and how “smart” we can be together.

#### August 13<sup>th</sup> (1-3:30 pm)

“Externalization” learning how to release, let go and put feelings in action for healthy coping.

**Well of GRACE Ministries** also offers groups at the following area schools:

Brandywine Middle  
Bridgman High  
Bridgman-FC Reed Middle  
Buchanan High

Buchanan Middle  
New Buffalo High  
New Buffalo Middle  
Riverside/Hagar School

St. Joseph High  
St. Joseph-Upton Middle  
Watervliet High  
Watervliet Middle

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

United Way  
of Southwest Michigan

