



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

June date: TBA

3-hour Photography Class and assistance with “Still Beautiful Event.” Contact Miss Ali for more info ali@wellofgraceministries.com

Thursday, June 16th
Mother/Daughter group
“Communication”

Time to be Announce –call for more info

May 21st (1-3:30 pm)

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

June 11th (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 16th (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 13th (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

