



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

Well of GRACE Ministry Center 5707 Red Arrow Hwy, Stevensville, MI 49127

“Club H2O” is a faith-based group especially designed for young women, ages 13-18. It’s a safe place for them to connect with each other while engaging in discussions and activities to increase self-esteem, healthy coping strategies and learn about boundaries to build secure relationships. To join **“Club H2O”** is free to all participants and the program is facilitated by Master’s level therapists.

Fall Group Schedule

Tuesday, Oct. 11th, - 4pm-6pm “Resilience” – led by Mary Andres

The way we respond to life’s difficulties can make all the difference. Our thoughts, feelings, and behaviors in difficult times may be a red flag for unhealthy coping. Let’s learn a healthy attitude of response.

Saturday, Oct. 22nd, - 1pm-3pm “Healthy Coping & De-stressing” – led by Stephanie Rutherford

During this workshop, we will amp up our understanding of what healthy coping is and learn more about “de-stressing” techniques. You will leave this session with some great tools for de-stressing this fall.

Tuesday, Nov. 8th, 4pm-6pm “Friendsgiving” – led by Ali Talbott

Learning to develop friendships with healthy boundaries, trust and mutual appreciation.

Tuesday, Nov. 29th, 4pm-6pm “What’s on Your Plate? Managing Stress” – led by Ali Talbott

Stress can come at you in all different ways, times, and places. In this group you will learn skills to manage all that is on your plate and answer questions like, “Is this helping or hurting me?”. “Even if I can do this, do I need to?”, and “What do I personally need in this moment?” Let’s learn to fill our plates with good things that make us want to go back for seconds.

Tuesday, Dec. 6th, 4pm-6pm “GRIT” – led by Mary Andres

What is it? Other words to describe it are: indomitable spirit, courage, and brave-perseverance. Let’s dig into this topic and see how we can grow together.

Saturday, Dec. 17th, 1pm-3pm “How do the seasons affect your mood?” led by Steph Rutherford”

During this workshop we will discuss changing seasons and mood regulation and create a deeper understanding of how it impacts us as Michiganders. Also, what we can do to overcome its effects on us.

Well of GRACE Ministries also offers groups at the following area locations.

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

Bridgman High School
F.C. Reed MS (Bridgman)
Buchanan High School
Buchanan Middle School
Riverside/Hager #6

St. Joseph High School
Upton MS (St. Joseph)
Watervliet High School
Watervliet Middle School
Ole’ Spanish Group @ The Chapel

You must have parent permission to participate.