

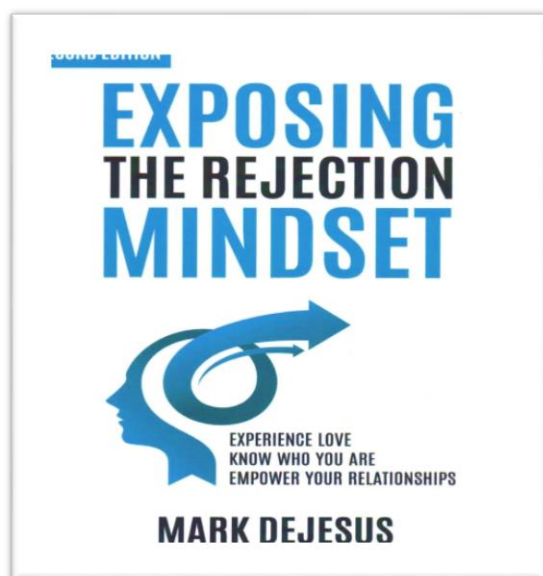
Oasis

A place of calm in the midst of chaos

For Adult Women

Well of GRACE Ministries Center

5707 Red Arrow Hwy, Stevensville, MI 49127



Therapeutic Book Study:
Wednesdays, 2:30-4:30pm
Starting Sept 21st
Space limited.



WELL of GRACE MINISTRIES
Girls Restored And Christ Exalted

www.wellofgraceministries.com

Monthly Topical Meetings:

Be sure to RSVP by calling 269-428-9355, limited seating.

“Emotional Regulation”

Saturday, Sept. 17th, 9:00 a.m. - 12:00 p.m.

Let's talk about healthy tools to cope with life's ups and downs. Emotional regulation starts with the courage to become introspective and be your own personal detective. We will discuss effective strategies to learn how to find balance. This will be a great session to grow your emotional resilience muscle.

“Healthy Coping & De-stressing”

Saturday, October 22nd, 9:00 a.m. – 12:00 p.m.

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.

“How Gratitude Impacts Mental Health”

November 19th, 9:00 a.m. – 12:00p.m.

The practice of gratitude has been found to impact mental/emotional well-being. Come to this group to learn more about adopting a practice of gratitude and how beneficial it will be in your life.

“What is Season Affective Disorder?”

Saturday, December 17th, 9:00 a.m. – 12:00p.m.

What is SAD? What is Season Affective Disorder? How do I know if I have it and what can I do to treat it? During this workshop we will discuss SAD and create a deeper understanding of how it impacts us as Michiganders. Also, what we can do to overcome its effects on us.

For additional support (or) to reserve your spot, please call our office: 269-428-9355