

FALL 2023

Oasis

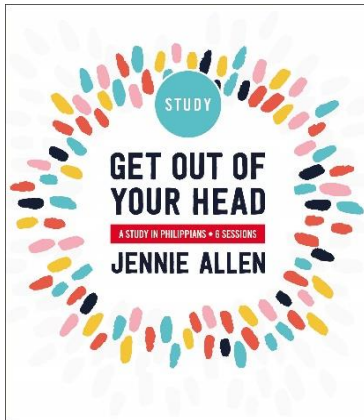
A place of calm in the midst of chaos

For Adult Women

Well of GRACE Ministries Center

5707 Red Arrow Hwy, Stevensville, MI 49127

You must **RSVP** to reserve your space, please call our office: 269-428-9355



Therapeutic Book Group:

“Get Out of Your Head” by Jennie Allen

Beginning Sept 27th *Wednesdays*, 2:30-4:30pm

Meeting every other week

Do you feel trapped in a pattern of negative, harmful thoughts? Do you want to learn how to take control of your thoughts and emotions using biblical concepts? If your answer to these questions is, "Yes," then you may be a great addition to our Fall 2023 Book Study at Well of GRACE Ministry! We will be reading *Get Out of Your Head: Stopping the Spiral of Toxic Thoughts* by Jennie Allen and learning practical skills to change our toxic thoughts. Email, Becca O'Neil for more information at becka.oneil@gmail.com.



GOT GRATITUDE?

Weekly, Beginning Sept 18th *Mondays*, 1:00-2:00pm

This group is designed with mental health and healing in mind. This afternoon, drop-in session will get your week started with helpful food for your thoughts. Come learn how the practice of gratitude is highly correlated with happiness and joy. It helps to restructure your thinking, alleviate stress and create a more positive outlook. Call WOGM to RSVP for this group.

“Wellbeing” Sept. 23rd 9:00 a.m. – 12:00 p.m.

This therapy group covers the five essential elements of “Wellbeing” as found by Strength Finder research. We will discuss the areas of wellness and offer guidelines and encouragement for group members to acquire greater levels of wellbeing. Email mary@wellofgraceministries.com

“The Truth about Self-Care” October 12th, 9 a.m.-12:00 p.m.

This group will explore what self-care is and why it's important. Participants will gain practical tools and insights in a safe, supportive environment. Email stephanie@wellofgraceministries.com

“Finding Balance” November 4th 9:00 a.m. – 12:00 p.m.

This group will cover ways to pair down, listen to God's voice and use wisdom to move forward wherever you are in life. This group will uncover strategies that work. Let's find out more about being balanced together. Email mary@wellofgraceministries.com

“Volunteerism” Dec. 9th 9:00 a.m. – 12:00 p.m.

This group experience will discuss the benefits of volunteerism, do an interests inventory and look for organizations that may be a good fit for each person to start volunteering. We will spend sometime putting holiday baskets together for Renewed & Restored. If anyone has time to help, and there is a need, a few of us may spend the rest of the time volunteering at R&R to encourage active volunteerism (12noon to 2pm).

Email mary@wellofgraceministries.com