

# 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

## Summer Groups, 2022

Structured group with therapeutic activities and discussions that address key issues in an environment where you can learn and share in a small group setting. If you need a safe place for self-discovery, healing and support, register today!

### *Monthly Topical Meetings:*

**April 30<sup>th</sup>: 9a.m. – 12p.m.**

**Resolving Boundary Conflicts.** Optimize your Relationships (with self and others). This group will help you identify options for resolving interpersonal boundary problems.

**May 21<sup>st</sup>: 9a.m. – 12p.m. Resiliency in the Storms of Life.** 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.

**June 11<sup>th</sup>: 9a.m. – 12p.m. Escape Goat-ing** we will be heading to the zoo! Meeting at Well of GRACE at 9am, leaving by 9:15am. 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> 9a.m. – 12p.m. Emotional Intelligence** we will be providing some key information on what emotional intelligence is and find out how "emotionally smart" we can be together.

**Aug. 13<sup>th</sup> 9a.m. -12p.m. Externalization** is about learning to release, let go and put feelings into action for healthy coping. Another part of this conversation will cover healthy processing vs. rumination and tips to help us make sure we are going in a healthy direction.

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

Offered by:



WELLofGRACE MINISTRIES  
Girls Restored And Christ Exalted

[www.wellofgraceministries.com](http://www.wellofgraceministries.com)