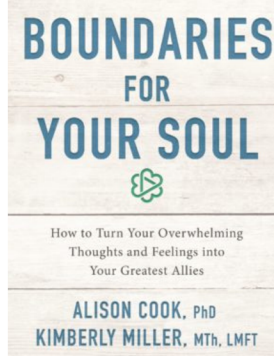


LED BY HENRYRIANA MAXELIX,
PROFESSIONAL COUNSELOR INTERN



WE KINDLY ASK FOR A \$10.00
DONATION TO PURCHASE THE BOOK

BOUNDARIES FOR YOUR SOUL



THIS GROUP WILL HELP YOU...

- KNOW WHAT TO DO WHEN YOU FEEL OVERWHELMED.
- MOVE FROM CHAOS TO CONFIDENCE!
- TRANSFORM YOUR ANXIETY, ANGER, SADNESS, AND SHAME.
- DISCOVER THE PEACE YOU'VE ALWAYS WANTED TO HAVE!

THURSDAYS 6:00PM-7:30PM
VIA ZOOM

- ANYONE 18+ IS WELCOME TO JOIN
- STARTING ON THURSDAY, SEPT 5TH
- 9 WEEK PROGRAM, \$25 PER SESSION



IF INTERESTED, PLEASE
SCAN QR CODE TO FILL
OUT INTEREST FORM!

EMPOWERED WOMEN

MENTAL, EMOTIONAL,
PHYSICAL, AND SPIRITUAL
WORKSHOP ON THE MIND-
BODY CONNECTION

THIS GROUP WILL HELP
EQUIP YOU WITH THE
KNOWLEDGE, TOOLS, AND
STRATEGIES TO
EFFECTIVELY MANAGE AND
REDUCE STRESS IN YOUR
LIFE BY SETTING AND
IMPLEMENTING GOALS FOR
YOURSELVES WITH A
VARIETY OF TOOLS
SHARED



LED BY
JACQUELINE STEVENS, LMSW



WEDNESDAYS 6:30PM-8:00PM
BLACKROCK GROWTH CENTER

- WOMEN 25YRS +
- STARTING ON
WEDNESDAY, SEPT 18TH
- 8 WEEK PROGRAM
- \$200 FOR FALL SESSION



IF INTERESTED, PLEASE
SCAN QR CODE TO FILL
OUT INTEREST FORM!

LED BY JOSHUA GOODWIN, LPCA



LOVE AND RESPECT TO A BETTER MARRIAGE



THIS 8 WEEK GROUP

WILL HELP YOU...

- END THE PAIN OF CONFLICT CYCLES
- DISCOVER TOOLS THAT INCREASE THE JOY OF MARRIAGE
- RESTORE A DEEP LEVEL OF INTIMACY

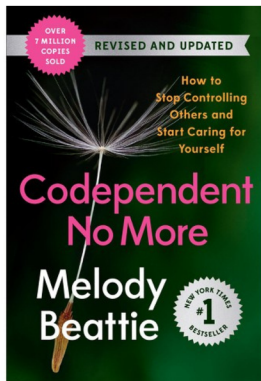
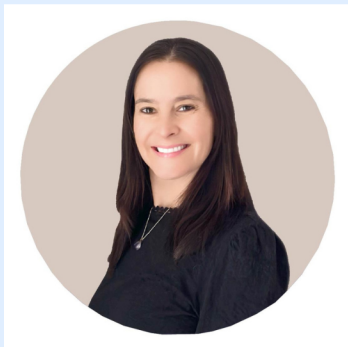
MONDAYS 7:00PM-8:00PM @
BLACKROCK GROWTH CENTER,
EASTON

- MARRIED COUPLES OR INDIVIDUALS ARE WELCOME TO JOIN
- STARTING ON MONDAY, SEPT 9TH
- 8 WEEK PROGRAM, \$25 PERPERSON, PER SESSION



IF INTERESTED, PLEASE
SCAN QR CODE TO FILL
OUT INTEREST FORM!

LED BY LAUREN OSSO, LPC



CODEPENDENCY RECOVERY

THIS 12 WEEK GROUP WILL HELP YOU...

- RECOGNIZE AND CHANGE PATTERNS OF BEHAVIOR
- HOW TO SET AND MAINTAIN HEALTHY BOUNDARIES WITHIN RELATIONSHIPS
- LEARN TO EXPRESS NEEDS EFFECTIVELY
- DEVELOP A STRONGER SENSE OF SELF AND FREEDOM FROM SELF-DEFEATING THOUGHTS



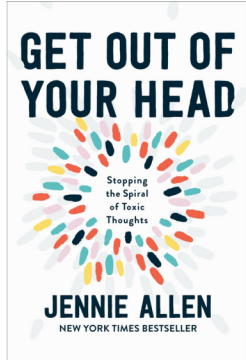
THURSDAYS 12:30PM-1:30PM
VIRTUAL VIA ZOOM

- ADULT INDIVIDUALS
- STARTING ON THURSDAY, SEPT 12TH
- 12 WEEK PROGRAM
- \$25 PER SESSION



IF INTERESTED, PLEASE
SCAN QR CODE TO FILL
OUT INTEREST FORM!

LED BY JENNIFER CAROSELLO
BIBLICAL COUNSELOR



‘GET OUT OF YOUR HEAD’ IS A BIBLICAL GUIDE TO DISCOVERING HOW TO SUBMIT YOUR MIND TO CHRIST, BECAUSE HOW YOU THINK SHAPES HOW YOU LIVE.

AS YOU SURRENDER EVERY THOUGHT TO JESUS, THE PROMISES OF GOD FLOOD YOUR LIFE IN PROFOUND WAYS.

TUESDAYS 6:00PM-7:30PM
100 PARROTT DRIVE, SHELTON

- WOMEN 18+
- STARTING OCTOBER 22, 2024
- A 6-WEEK SERIES
- \$150 FOR THE COURSE + \$10 WORKBOOK (BOOK OPTIONAL)



IF INTERESTED, PLEASE SCAN QR CODE TO FILL OUT INTEREST FORM!

STRESS PROOF YOUR LIFE

Co-Lead by Katherine Bothos, PsyD &

Josie Vega Hinson, PsyD



MATTHEW 11:28 -
Jesus said, "Come to
Me, all of you who
are weary and carry
heavy burdens, and
I will give you
rest."

FRIDAYS 7:00PM-8:30PM
BLACKROCK GROWTH CENTER



- FOR PARENTS OF CHRONICALLY ILL CHILDREN (ALL AGES) WITH ANY MEDICAL OR MENTAL HEALTH CONDITIONS
- STARTING SEPTEMBER 20TH
- A 8-WEEK SERIES
- \$200 FOR THE COURSE



IF INTERESTED, PLEASE
SCAN QR CODE TO FILL
OUT INTEREST FORM!