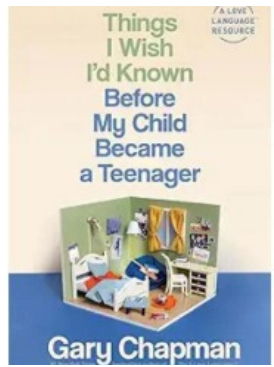


LED BY TAMARA TARRANT, LMFT
DIRECTOR OF RENEW COUNSELING



NAVIGATING THE TEEN YEARS



THIS GROUP WILL HELP YOU...

- GAIN PRACTICAL TOOLS AND BIBLICAL WISDOM FOR NAVIGATING THE CHALLENGES OF RAISING A TEENAGER
- BUILD STRONG COMMUNICATION
- SET HEALTHY BOUNDARIES
- FOSTER YOUR TEEN'S INDEPENDENCE, SPIRITUAL GROWTH, AND FUTURE SUCCESS
- STRENGTHEN YOUR RELATIONSHIP WITH THEM THROUGH FAITH-CENTERED GUIDANCE.

MONDAYS 7:30-9PM,
BEGINNING 2/17 VIA ZOOM

PARENT(S) OR GUARDIAN
OF PRETEEN OR
TEENAGER
8 WEEK GROUP, \$200



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

LED BY JENNIFER BISHOP, LPC-A



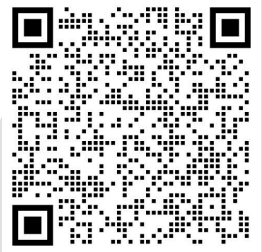
LIFE . IDENTITY . BEING .



TOGETHER, WE'LL DIVE FURTHER INTO QUESTIONS OF IDENTITY, PURPOSE, AND MEANING, UNTANGLING FALSE BELIEFS, AND DISCOVERING THE UNIQUE GIFTS THAT MAKE YOU WHO YOU ARE. THROUGH GUIDED DISCUSSIONS, ACTIVITIES, AND SHARED EXPERIENCES, THIS GROUP OFFERS A SAFE SPACE TO ASK, SEEK, AND GROW.

MONDAYS 7:30-9PM,
BEGINNING 2/17 VIA ZOOM

- TEENAGER IN HIGH SCHOOL CURRENTLY
- 8 WEEK GROUP, \$200



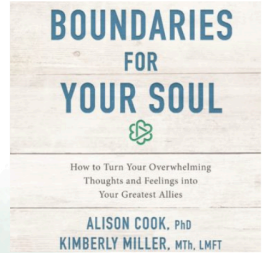
IF INTERESTED, PLEASE SCAN QR CODE TO FILL OUT INTEREST FORM!

BOUNDARIES FOR YOUR SOUL

LED BY HENRYRIANA BROWN, LPC-A



Supervised by
Nermeen Naguib,
LPC-s (CT)
&
Andrea M.
Johnson, LPC-s
(TX)



WE KINDLY ASK FOR
\$10.00 TO PURCHASE
THE BOOK

FRIDAYS 6:00-7:30PM
8 WAKEMAN ROAD, FAIRFIELD, CT

GROUP DETAILS

- ANYONE 18+ IS WELCOME TO JOIN.
- STARTING ON FRIDAY, MAR. 07
- 9 WEEK GROUP, \$225
- INSURANCE & CASH PAYMENT ACCEPTED.



THIS GROUP WILL HELP YOU...

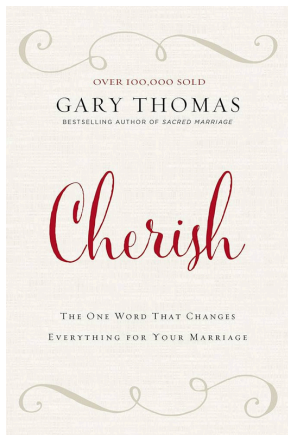
- LEARN WHAT TO DO WHEN YOU FEEL OVERWHELMED.
- MOVE FROM CHAOS TO CONFIDENCE!
- TRANSFORM YOUR ANXIETY, ANGER, SADNESS, AND SHAME.
- DISCOVER THE PEACE YOU'VE ALWAYS WANTED TO HAVE!



INTERESTED?
PLEASE SCAN QR CODE
TO FILL OUT INTEREST
FORM!



LED BY KRISTIN PARDUE, MFT INTERN



Cherishing Your Marriage



To help couples understand and implement the biblical concept of cherishing their spouse, creating a marriage that honors God and is built on deep affection and respect utilizing the book *Cherish* by Gary Thomas while also considering key principles from *The Sound Relationship House* theory by John Gottman.

TUESDAYS 7-8:30PM,
BEGINNING 3/11
8 WAKEMAN ROAD,
FAIRFIELD

For Couples or
Individuals
8 WEEK GROUP,
\$200



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

LED BY MELISSA ELEK, LCSW



Walking with God Through Trauma

Healing Mind, Body and Spirit

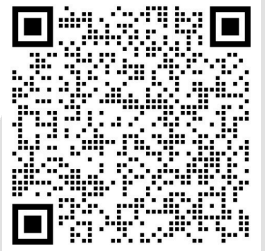


We will learn together about trauma symptoms and truths that support healing from a Christian perspective.

Topics include: Understanding trauma, mind-body-spirit techniques to cope with intense emotions, learning to lament in suffering, building healthy boundaries and supports.

TUESDAYS 5-6PM,
BEGINNING 3/18
VIA ZOOM

For Individuals 18+
8 WEEK GROUP,
insurance accepted,
self-pay \$200



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