

DATES FOR 2023

TUESDAYS 5-6:30 P.M.

September 15, 22, 29
October 3, 10, 17, 24
November 7, 14, 21, 28
December 5, 12, 19

STRUCTURE AND COST

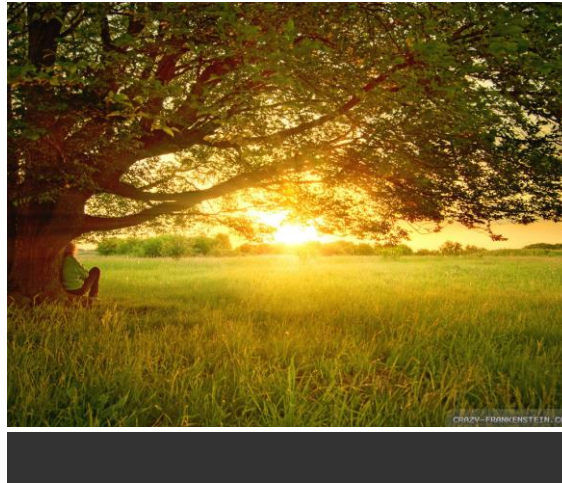
This group will involve three to four facilitated meetings a month that will be billed to insurance. If you do not have insurance or have issues with your copayment, please contact the facilitators and arrangements can be made for your participation.

HOMEWORK

At the end of each facilitated session, participants will receive specific homework to practice/complete for the next group.

ASSIGNED READING

Each participant will be required to purchase Mark Wolynn's book about historical trauma and beliefs entitled *It Didn't Start with You*. Chapters will be assigned to guide discussion and homework.



Peace, Purpose, & Happiness

Today's life is filled with struggles. How does one find contentment, peace, and even joy? This group focuses on ingredients of happiness through the implementation of service, connection, acceptance, and forgiveness.

Candid guidance amidst a supportive community is offered to help each individual explore the sacred in their lives through prayer, fellowship, and accountability.

Prayer is a key component to this group. However, it is not necessary to have a faith or religious affiliation to join this group. We strive to make prayer a practice in honesty—to search and reveal all the fear, guilt, hate and inferiority in our mind and keep our eyes focused on the concept of the Healing Power—a God of love.

Created By God: Therapy & Prayer Group

FAMILY ATTACHMENT AND
COUNSELING CENTER



Family Attachment and Counseling
Center

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Interested?

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