

“ **Healing from the Inside Out...**
was life changing and eye opening.

Love addiction: I knew I had a
problem, but had no idea it **was a**
true disease.

I am and have been the entire 12
weeks **impressed by the love and**
support I have felt.

I started standing up for myself...

I have begun accepting my
past. I have a long way to go, but I
am confident that I can get there.

It's a lot easier to be happy now. ”



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HEALING from the INSIDE OUT



**A JOURNEY TOWARD HEALING
AND WHOLENESS**

A safe place where men and women learn
how and why they are affected by the past,
and what they can do to change tomorrow.

HEALING from the OUT

EMOTIONAL QUIZ

Do you ever feel
isolated or alone? **1**

Do you experience
compulsive or
addictive behaviors? **2**

Do you have
difficulty dealing
with grief or trauma? **3**

Do you struggle
with "NO"? **4**

Do you often
experience
anger or
resentment? **5**

Have you ever
experienced
abuse? **6**

If you answered
"yes" to any of these
questions, this class
may be for you.

In the safety of this group,
we will meet to discuss the sometimes painful
issues of the past that affect us today. In this
atmosphere of caring and sharing, we are able
to allow God to touch the wounded areas
of our lives to bring healing and wholeness.
Some of the topics we will discuss are...

The family system

Family roles

Effects of childhood trauma

Unhealthy relationships

The cycle of abuse

Shame and guilt

Understanding anger

Forgiveness

Breaking the cycle for the next generation

Healing From the Inside Out is a 12-week
course with about 2 ½ hours of homework per
week. The men's and women's small groups
allow for discussion of the weekly teaching,
homework, and discoveries made on this
healing journey. The number of participants
is limited so be sure to get your registration in
soon.

**For more information,
Scan the QR Code or Fill out
the form on the right.**



I'M INTERESTED IN THIS CLASS!

Name: _____

Address: _____

Phone: _____

Email: _____

Home church affiliation? _____

If someone recommended this class to
you, who was it? _____

- \$15 fee due the first night of the class
includes all material.
- Payment arrangements can be made.

Return form for more information to the
Information Center or Administration
Office.

*No childcare provided