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.

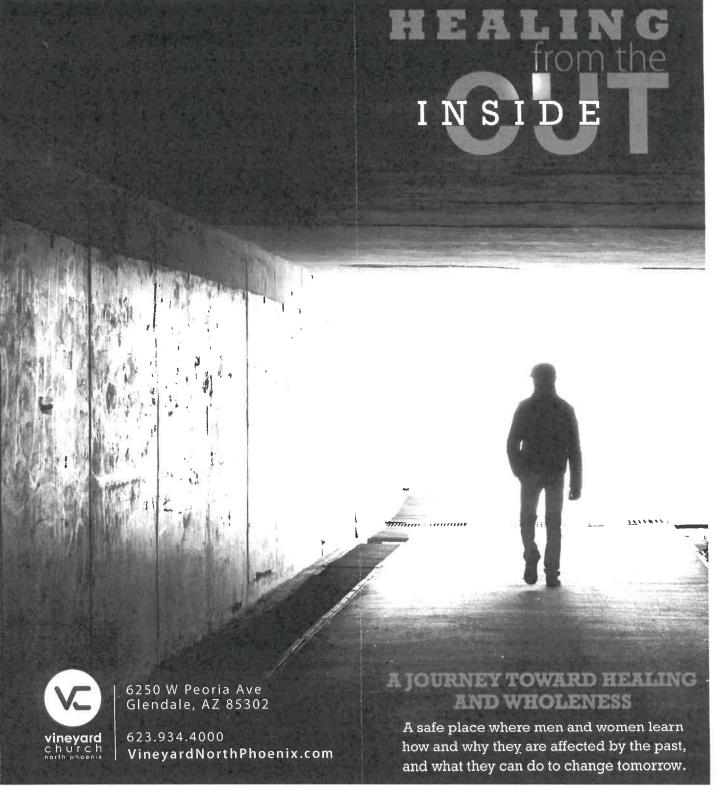
I am and have been the entire 12 weeks impressed by the love and support I have felt.

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.





HEALING from the

EMOTIONAL QUIZ

Do you ever feel isolated or alone?

Do you experience compulsive or addictive behaviors?

Do you have difficulty dealing with grief or trauma?

Do you struggle with "NO"?

Do you often experience anger or resentment?

Have you ever experienced abuse?

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 infomation, Scan the QR Code or Fill out the form on the right.



ľ'l	WINTERESTED INTHIS CLASS!
Name:	
Ac	ddress:
Pł	none:
Er	nail:
H	ome church affiliation?
	someone recommended this class to ou, who was it?
•	\$15 fee due the first night of the class includes all material.
•	Payment arrangements can be made.
١r	eturn form for more information to the aformation Center or Administration office.

*No childcare provided