

7:00 PM LIVING GRACE GROUP  
ST. DAMIAN'S PASTORAL CENTER  
Wednesday, January 23, 2019 at 7:00 PM

SUPPORT, INSIGHT AND COPING TOOLS FOR EVERYONE WITH PERSONAL  
EXPERIENCE  
OF MENTAL HEALTH DIFFICULTIES

Living Grace Group does not focus on any specific mental health difficulty, but instead addresses topics that are helpful for anyone living through a mental health journey. January 23, 2019 we will start and facilitate Living Grace Group in our Church which is a support group for anyone with a personal experience with mental health difficulties who wants to discover practical mental health insights and tools of coping through sharing. All of this is done in confidential Christ centered environment with a clear focus on God's grace for life transformation.

Living Grace Group Guidelines:

TO GIVE understanding, respect, encouragement, and compassionate support.  
TO DISCOVER hope and tools while learning from one another's journey.  
TO NOT FIX anyone's challenges with immediate advice and solutions.  
TO NOT DEBATE the right or wrong doctrine or theology.  
TO RESPECT and maintain one another's confidentiality.

Living Grace Group Sessions/Topics: My True Identity / Mental Health Recovery / God is Bigger Than Us / Medication / Whole - Health Renewal / Renewing Your Mind / Rest, Relaxation and Joy / Managing Stressors / Cycles and Triggers / Mindful of Grace / Grieving and Grace / Life - Giving Community / Safe and Healthy Relationships / It's Not Your Fault / Staying Resilient / The Last Group Meeting: Celebrating Life & The Road Ahead.

If you have any questions please call Tony Mazurowski 708.951.3232 or call/text Saulena Antanavi, LCPC 708.590.9533 or e-mail saulenaantanavi@gmail.com.