

## CHRIST CHURCH MELTON

A parish of the Anglican Church of Australia



Encourages women to take a close look at their relationships and their world. Every woman carries the strengths and weaknesses of her background into family, work and friendships. This program is designed to give insight into family dynamics, personal attributes, beliefs and values and provides strategies and skills for positive and lasting change. It encourages her to embrace life and invest in a better future.

**7.30 pm Tuesday Evening**

**21st April 2009 – 30 June 2009 (10 weeks)**

**Contact Denise to register or for further information**

**Mob: 0408580314 or 9743 0246 (leave a message)**

### Sessions include:

- The Arena of Healing
- Functional and Dysfunctional Family Dynamics
- Coping Strategies of the Child and Adult
- Denial and Anger
- Rebuilding After Grief and Loss
- The Influence of Shame
- Overcoming Co-Dependency
- Sexuality and Intimacy
- Forgiveness and Letting Go
- Stepping Into the Future

### PARTICIPANT FEEDBACK

- "This course encouraged me to become a Christian- it has started having a positive effect on my extended family."
- "I wasn't sure how it could be a healing experience just to share in a group. I would do that with friends and partner anyway - but it was different! I think the declaration we make joining a group is part of what the difference is and why God can heal us that way. There is such a sense of love and security in a recovery group which you can't get anywhere else."
- "I have found the recovery ministry extremely helpful, particularly in complementing the work I had done with my counsellor. The course gave me some knowledge about what I was going through. It helped me understand what Jesus did for me on the cross in a new and profound way. It is good to share my issues with others who understand and don't judge me."