



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JOURNEY TO FREEDOM

YMCA LIFE GROUPS

Freedom From the Pain of Grief and Loss

Monday Nights | 6 PM–7:30 PM
Jan. 20–Mar. 23

Loss is tragic. Sometimes we lose a person we love, but sometimes we lose something else, like a relationship, financial security, dream, expectation, innocence, or even a feeling we once had. This ten-week group offers a caring place to work through the grief of any major life change.

In This Session

- Discover how to overcome anger associated with loss
- Work through stages of grief such as bargaining
- Learn how to feel appropriate sadness and deal with depression
- Understand what forgiveness and acceptance truly mean and what that looks like for you

Freedom From Low Self-esteem

Thursday Nights | 6:30 PM–8 PM
Jan. 23–Mar. 26

This ten-week group encourages honest dialogue around improving self-esteem and dealing with feelings of worthlessness, disappointment and brokenness.

Weekly readings and discussion offer insight to help you overcome negative thought patterns through emotional healing, affirmation and encouragement.

Discover Your Self-worth

- Redefining who you are and uncovering the various faces of low self-worth
- Identifying the special gifts, talents, and potential that are unique to you as an individual
- Building on the foundations of self-worth to strengthen your perspective and identify where the negative voices originated from

IMPORTANT INFORMATION

- \$20 for study book
- Maximum 10 participants
- YMCA Conference Room

Contact Demi Day at dday@ymcacw.org

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