A 16-week small group experience providing validating support, helpful biblical and clinical insights and various practical tools to empower personal well-being and greater hope for your personal mental health journey.

**LIVING GRACE GROUP** has helped others to:

+ Reduce symptoms of mental health difficulties.
+ Aid in overall mental health recovery.
+ Renew your faith.

**TOPICS INCLUDE...**

+ Identity
+ Stigma
+ Medication
+ Healthy Thinking
+ Rest/Relaxation and Joy
+ Cycles and Triggers
+ Staying Resilient
+ and more!

**THE GROUP**

**When:** Wednesdays 12-1:30 PM, 16 consecutive weeks, starting November 18th  
**Where:** via Zoom (telephone or online), using the Living Grace curriculum  
**How:** Please [Click here to preregister by November 17th](#).  
**For more information:** Margery Arnold, Marnold@rcbo.org or 657-206-4823

Curriculum Provided By: