

FAMILY GRACE GROUP

Family Grace is an 8-week small group experience to guide you through simple biblical and neuroscience insights and practical tools to reduce your stress and empower your loved one with hope.



FAMILY GRACE GROUP will help you discover:

- Unique insights for all your tough questions.
- Tools to improve your relationship with your loved one.
- Simple solutions to renew personal hope.

TOPICS INCLUDE:

- Communication
- Medication
- Grieving & Grace
- Cycles & Triggers
- Community
- Problem Solving
- Boundaries to Rebuild
- and mor

GROUP MEETING

When: Wednesdays 7pm, 8 Weeks
October 13, 2021

Where: Safely on Zoom: details upon registration

For more information and RSVP:
Michelle Hansen
408-313-9849 or michhansen@aol.com

Curriculum Provided by:



GRACE ALLIANCE

HEALTHY SOLUTIONS FOR YOUR MIND
— mentalhealthgracealliance.org —

[f /mentalhealthgracealliance](https://www.facebook.com/mentalhealthgracealliance) [@theGraceAlliance](https://www.instagram.com/theGraceAlliance) [t @mhgracealliance](https://www.twitter.com/mhgracealliance)