

**Family Grace** is a 16 week curriculum for a 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.

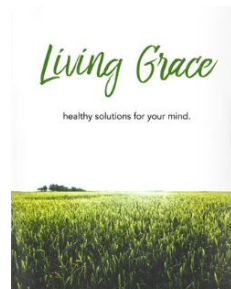
**Family Grace will empower you to:**

- + Gain helpful insights and get through the confusion.
- + Tools to help build healthy communication and work to improve your loved one's condition.
- + Relieve your personal pressure, build practical hope, and renew life in Christ.

**TOPICS INCLUDE:**

- + **What is "Mental Health Recovery"?**
- + **Communication Skills**
- + **Grieving and Grace (your heart and hope)**

- + **Handling Problems**
- + **Negative and Destructive Behaviors (how to navigate them)**
- + **Enabling vs Empowering**
- + **So much more!**



**Living Grace** is a 16 week curriculum designed to provide an ongoing support structure to help individuals living with

mental health challenges. Living Grace groups provides a safe Christ-centered environment for each person to gain practical skills and tools necessary to reclaim their lives and build into their families.

**Living Grace has proven to:**

- + Reduce symptoms of depression, anxiety, and other challenges.
- + Increase overall wellbeing ("mental health recovery").
- + Renew meaningful life in Christ.

**TOPICS INCLUDE:**

- + **Your True Identity**
- + **God is Bigger than our Weakness**
- + **Medication (What does the Bible really say?)**
- + **Renewing Your Mind (4 step tool)**
- + **Mindful of Grace (tools to calm the mind)**
- + **Managing Stressors and much more!**

*Mental Health Grace Alliance has created excellent tools to train and equip churches to foster communities of individuals to find hope through the journey of mental illness.*

**KAY WARREN**

Co-Founder of Saddleback Church

## Grace Support Groups

Grace Support Groups are for individuals and families on the road to stronger mental health. In partnership with Grace Alliance, Seven Acres Ministry offers groups for all who are seeking to healthily face various mental health challenges.

### *Three Groups*

- **Living Grace** - support for adults experiencing mental health challenges
- **Family Grace** - encouragement for those walking with a family member
- **Children** - activities for children whose parents are attending one of the adult groups

Group meetings are designed to be safe places for mutual encouragement from others who are walking similar journeys.

Group Meeting dates and place may be found at:  
[sevenacresministry.org/grace-support-group](http://sevenacresministry.org/grace-support-group)

## Seven Acres Ministry

A 501(c)3 non-profit with the ministry goal of providing support through counseling, support groups, and spiritual direction for the purpose of developing healthy relationships with God, self, and others.

For more information about the Grace Support group contact :

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717 513 3342

For more information about Seven Acres Ministry check out:

[www.sevenacresministry.org](http://www.sevenacresministry.org)

[contact@sevenacresministry.org](mailto:contact@sevenacresministry.org)

Or call 717 513 3340

### **Board Members:**

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# Mental Health Support Group



Facilitated by  
Seven Acres Ministry