



CARE AND SUPPORT

Family Grace Group



THERE IS HOPE! Family Grace is a 16-week small group experience, designed to provide a confidential, nonjudgmental and inclusive community for the family and friends of those facing any type of mental health issue. The Family Grace curriculum includes Scripture, scientifically based insights and practical tools designed to empower you and your loved ones with resilient hope in Christ.

This group will help you discover:

- unique insights for your tough questions
- tools to improve your relationship with your loved one
- ways to grow in understanding mental health conditions

CLASS TOPICS INCLUDE:

- communication
- medication
- grieving and grace
- cycles and triggers
- community
- problem solving
- boundaries to rebuild
- enabling versus empowering
- resilience, restoration and recovery!

QUESTIONS? INTERESTED IN JOINING A GROUP?
Email pastoral.care@wooddale.org

Curriculum provided by: Grace Alliance, mentalhealthgracealliance.org

LEARN MORE: wooddale.org/care

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