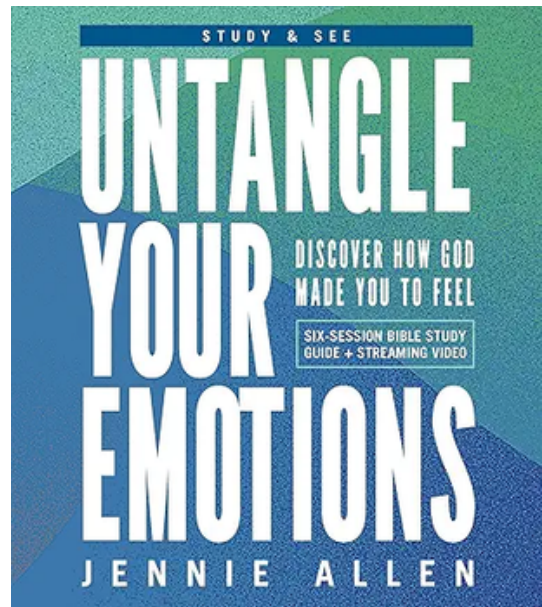




God made us to feel our emotions, to examine and share them—not manage or suppress them. Feelings aren't something to fix; they are something to feel.



6 Week DVD Book Study - Includes Lunch

During this 6-week DVD book study we will learn what it means to live emotionally healthy lives from studying Jesus' life and how He cared for and responded to the people around Him.

This six-session video Bible study will equip you to:

- Identify the unhealthy ways you might be coping with emotions.
- Learn a biblical step-by-step method to help you process, notice, and name what you're feeling.
- Talk about what you feel so that you can have meaningful connection with God, with yourself, and with those God puts in your life.



Mondays, January 20 to February 24, 2025

12:30 PM to 2:30 PM

Held at Love INC, 710 20th Ave South, WR
Transportation available upon request

PLEASE RSVP BY January 13, 2025

Call 715-424-LOVE (5683)