



Coming
Fall 2021

Do you live with depression, anxiety or other mental health concerns?

Are you searching for support or tools to help you more fully live your life?

Our "Living Grace Groups" might be the solution for you.

Living Grace Groups

FOR ADULTS LIVING WITH DEPRESSION, ANXIETY AND OTHER MENTAL HEALTH CONCERNS

Living Grace Groups utilize a structured curriculum to help improve overall mental and emotional wellness. They are faith-based and facilitated by peers with lived experience (not professionals).

Each session offers a unique blend of spiritual support and proven tools that emphasize empowering participants, teaching practical skills, and providing support.

Topics include: self-care, building resilience, managing stressors and much more.

Sound like something for you? Please email us at mentalhealthministry@stjamesah.org and we will get back to you.