



Saddleback Church Lake Forest is launching new Mental Health Support Groups using Grace Alliance's curriculum, starting mid-September, 2021!



We will have an in-person and online group for **"Family Grace"**, for family members and friends of individuals experiencing a mental health difficulty.

- 09/16/21 – Family Grace (in-person) – Thursdays @ 6:30PM, Saddleback Lake Forest
- 09/14/21 – Family Grace (online) – Tuesdays @ 6:30PM

We will have an online group for **"Living Grace"**, for individuals experiencing a mental health difficulty.

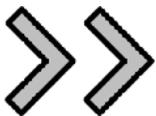
- 09/23/21 – Living Grace (online) – Thursdays @ 7:00PM

Living Grace is a 16-week Bible study packed with relevant **Biblical stories, neuroscience, and practical tools** designed to help you...

- + Manage stressors, tension, and difficult moods,
- + Increase calm through rest, relaxation, and joy,
- + Decrease negative thoughts and reframe to confidence,
- + Empower you to create safe and healthy relationships... and so much more!

Family Grace is a 16-week Bible study packed with relevant **Biblical stories, neuroscience, and practical tools** designed to help you...

- + Gain unique understanding to remove confusion and renew your faith with hope!
- + Improve your relationship with new communication skills, healthy boundaries, and practical ways to handle all kinds of challenges, and more!
- + Improve the quality of your own life through practical tools and increased understanding of you and your loved one's experience... and so much more!



For more information on our groups meeting at Saddleback, please visit <https://forms.gle/R5N4HVmpRXTBiGzC8> to register for one of our groups

IMPORTANT NOTE: To keep our groups a safe and helpful environment, we do have to limit the number of members every 16-week cycle. If the group is full for this first round, please visit one of the other online or local groups available on the below website, using the same curriculum we will be going through.



If you are unable to make it for one of our groups, please visit <https://mentalhealthgracealliance.org/your-personal-journey> for other groups in your area or online using the same curriculum