



# PHC WELLNESS

**SUPPORT GROUPS  
COUNSELING  
FITNESS**

Groups meet Monday evenings from 6:30pm-8:00pm. We recommend emailing [supportgroups@pureheart.org](mailto:supportgroups@pureheart.org) prior to attending your first group.

## **WOMEN**

### **Beloved**

This group for women that have been hurt in any way by their husband's sexual sin. Our goal is for women's hearts to be healed through prayer, support, and God's love.

### **DivorceCare**

This is a friendly, caring group of people who will walk alongside you through one of life's most difficult experiences. Don't go through separation or divorce alone.

### **Single Moms' Group**

This group is for Single Mothers looking for support from other women that have gone through similar issues in life. This group follows the 12 step model from a Christian Perspective.

### **Women's Recovery**

This group is for women who struggle with chemical and other types of addictive issues that control their life. Come receive acceptance, support, love and direction. Women are guided toward a balanced lifestyle of Christian discipleship and accountability using scripture renewal of the mind and 12 steps to assist in achieving sobriety and serenity.

### **Women's General Support Group**

This is a general women's group where a variety of different topics, stories and issues are discussed and shared by the group members and the facilitators. There are some things you may relate to and some you may not - This is what makes our Women's Group a unique place for you to join with other women and be able to process and discuss issues that can range from a destructive relationship, childhood abuse, depression and anxiety to disordered eating habits, addictive behaviors and even health issues.

## **MEN**

### **Men's Chemical Dependency**

This group is for men who struggle with chemical addictions and other types of addictive issues that control their life. Come receive acceptance, support,

love and direction. Men are guided toward a balanced lifestyle of Christian discipleship and accountability using scripture, renewal of the mind, and 12 steps to assist in achieving sobriety and serenity.

### **Revive 40**

This men's transformation group will give you the encouragement to stay away from all sexual immorality, as well as support and accountability as you learn to control your own body in holiness and honor.

## **ADULT**

### **GriefShare**

This is a program with direction and purpose. With GriefShare you will learn how to walk the journey of grief and be supported all along the way. It is a safe place where grieving people find healing and hope.

### **Parents of Addicted Loved Ones (PAL)**

This is a support group of parents helping parents. We meet every week to offer education and support for parents who are dealing with a son or daughter battling addiction. PAL can also be helpful for those dealing with an addicted spouse. All sober family members and friends (ages 18 or older) are welcome at our meetings.

## **CHILDREN**

### **Life Builders**

A faith-based enrichment group for children K-6th grade. This group teaches life skills covering emotional, mental, physical, social and spiritual aspects of life. We apply God's word to our feelings, thoughts and behaviors through the use of scriptures, songs, activities, games and Bible lessons.