

seasonal groups

More information

Hope and Beyond

Start date: September 28th, 2021

Time: 7:00 pm – 8:30 pm

Duration: 10 weeks

Group will be meeting online via zoom

Hope and Beyond is a seasonal group for adults who are pursuing a journey of resiliency as they overcome stress, anxiety, depression or loneliness in a manner whereby they are not only surviving but thriving and living life with purpose and hope.

This support group will help you realize that you are not alone and you will be given the opportunity to share your feelings in a safe and supportive space facilitated by experienced facilitators. Great strides toward healthier and hope-filled lives can be made. Facilitator of the group will share a reflection and also a structured presentation of the content for the week and open up the evening for the sharing of experiences and discussion.

Who is it for?

This seasonal group is for adults who want to overcome the stresses of life and cultivate resiliency whether it be overcoming stress and anxiety, depression or loneliness and develop a lifestyle of purpose, endurance and hope. If you are journeying with a friend or a loved one who is struggling in these areas and would benefit by attending this group, you are welcome to attend with them if they are willing, otherwise you are welcome to attend and be equipped to best serve your friend or your loved one.

What do the sessions cover?

- Understanding anxiety, depression and loneliness
- The importance of community
- Better boundaries, better life
- Handling relationships, family and work

- Understanding emotions
- Food, moods, body and brain
- What to do when you don't know what to do?
- Strength and Soul Care
- Future forward

For more information or to speak to a leader contact us at:

seasonalgroups@thebridgemarkham.com or call us at 905 294 6716 Ext 324

Check out these resources that can help you along your journey:

<https://my.bible.com/reading-plans/12614>

<https://my.bible.com/reading-plans/17340-reset-your-mind-overhauling-toxic-thoughts>

<https://my.bible.com/reading-plans/26325>

<https://my.bible.com/reading-plans/16807>

<https://my.bible.com/reading-plans/24127>

<https://my.bible.com/reading-plans/21604>

<https://my.bible.com/reading-plans/14162>

<https://my.bible.com/reading-plans/23017>

<https://my.bible.com/reading-plans/24936-dealing-with-loneliness>

<https://my.bible.com/reading-plans/15037-loneliness>