

woman to woman

Every woman carries with her the strengths and weaknesses of her background. She carries the legacy of her past into all her relationships – family, business and church.

This program will show participants how to free themselves from the past and focus on the future. It will provide strategies and skills needed to make positive and lasting changes in relationships.

This 10 week course for women offers you the chance to build better self-esteem, find hope in your life and explore spirituality.

There is insightful teaching relevant to today's experiences. The groups are run by facilitators in a supportive atmosphere with confidentiality assured.

This program was written and produced by
Careforce Lifekeys
Careforce Church Mt Evelyn
PO Box 411
Mt Evelyn VIC 3795
Ph: 9736 2273

topics covered

session 1

The Arena of Healing

session 2

Functional and Dysfunctional Family Dynamics

session 3

Coping Strategies of the Child and Adult

session 4

Denial and Anger

session 5

Rebuilding After Grief and Loss

session 6

The Influence of Shame

session 7

Overcoming Co-dependency

session 8

Sexuality and Intimacy

session 9

Forgiveness – Letting Go

session 10

Stepping Into the Future



woman to woman

application

Commencing Tues 5 August 2008

Name: _____

Address: _____

Phone Daytime _____

Evening _____

Age group __18-30 __31-40 __41-54 __55+

Please recognise that, if accepted, you commit yourself to attending the total program at the agreed cost.

Your acceptance into the program is subject to confirmation.

I am aware that the program consists of a 10 week course, and that I will be required to sign the Group Agreement* that will be explained in full at the first session.

Signed

Send your form to:
Elizabeth Church of Christ
Cnr Ashfield & Short Roads
Elizabeth 5112
or ring **8255 2467**

*The Group Agreement contains guidelines that everyone agrees to follow in order to make the group a safe place. Copies of it are available for you to consider before committing yourself to the group.

**Please return the
registration form overleaf
to:**

Elizabeth Church of Christ
Cnr Ashfield & Short Roads
Elizabeth 5112

Dates:
Tuesdays
August 5 to October 7 2008

Time:
7.30 to 9.30 pm

Venue:
**Elizabeth Church of Christ
Cnr Ashfield & Short Roads
Elizabeth**

Cost:
\$30 per person—can be paid weekly
please discuss this if needed when
you enquire.

For more details
Contact: Lindsay Mayes **8255 2467**
Or **Elizabeth Church of Christ office**
8255 2467

Playford Life Ministries

is a joint initiative of Cornerstone
Uniting Church, Elizabeth Church of
Christ, Northern Communities of Hope
and Mark Boyce as Chaplain to the
Mental Health services in this area.

Playford Life Ministries

Using Careforce Lifekeys
Programs

Woman to Woman



**A program designed to assist
women to overcome the
challenges of life**