



# Family Care Outreach Ministries

## Emotional Wellness

### **Workshops / Educationals and Support Groups**

#### **GRIEF SHARE**



GriefShare works to help you to feel optimistic about the future if you've lost a spouse, child, family member or friend. It places you in a group that understands the deep hurt you feel and the confusing time of isolation and questions.

GriefShare groups typically meet weekly to help you face these challenges and move toward rebuilding your life.

Each GriefShare session has 3 distinct elements (1) a video seminar with experts, (2) a support group discussion with focus and (3) personal study and reflection.

#### **DIVORCE CARE**



DivorceCare Weekly Seminar Topics - (1) What's Happening to Me? , (2) The Road to Healing / Finding Help, (3) Facing My Anger, (4) Facing My Depression, (5) Facing My Loneliness, (6) What Does the Owner's Manual Say?, (7) New Relationships, (8) Financial Survival, (9) KidCare, (10) Single Sexuality, (11) Forgiveness, (12) Reconciliation, (13) Moving On, Growing Closer to God

**For additional information, contact Jim Wollin @ 704-724-7942 or [opendoorfcr@gmail.com](mailto:opendoorfcr@gmail.com)**



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## Emotional Wellness

### **Counseling Support**



#### **Our Story**

**Sanctuary Counseling Group** has provided mental health counseling and pastoral counseling in the greater Charlotte area and in satellite offices in cities and towns around the Western Piedmont of North Carolina for over 50 years. Sanctuary Counseling Group currently has satellite offices in 13 locations in the Western and Central Piedmont.

#### **Our Mission**

Our mission is to walk with our clients as they journey towards the healing of their minds, hearts, and souls. We believe that health and healing are open to all.

**To learn more about us and the kinds of services we provide, or to find out how to make an appointment with a therapist in your geographical area, feel free to contact us. We would love to hear from you.**

Davidson UMC, Davidson & Mt. Zion UMC, Cornelius

Voicemail: 704-375-5354 ext. 408

**For additional information, contact Jim Wollin @ 704-724-7942 or [opendoorfcr@gmail.com](mailto:opendoorfcr@gmail.com)**

