



Since the onset of the pandemic, 3 groups consisting of men only and 8 groups of women from various Parishes within the City of Detroit have participated in a program that supports them in becoming "wounded healers." They all benefited greatly from the experience of prayer, formation, and community. With generous support from the Congregation of St. Joseph (CSJ) we are looking to continue the experience.

I don't need to tell you that there is so much suffering in the world. Our grief and the world's troubles can sometimes seem overwhelming. "Men and Women Bridging Change" are small, diverse groups of people who desire to find personal healing and share it within their families and community. I am asking if you would be willing to participate in such a project. The hope is to discover what Pope Francis calls "a capable way of shedding light on new ways of relating to God, others, and the world around us."

Men and Women Bridging Change groups offers a safe place to:

- Experience God's Love
- Know Your True Identity in Christ
- Deepen Love for Self and Others
- Learn to Turn Negative Thinking into Positive Thought Patterns
- Transform Wounds from Childhood
- Heal Negative Behaviors that may Prevent Being Your Best Self
- Understand that You are Gift for the Sake of Others

The initial phase of the WBC workshop is an orientation plus a comprehensive twelve-week (12) small group experience. Participants will have the opportunity to purchase a workbook and gain access to a lifetime online portal. The workbook provides everything the participant needs for the small group project. Each session includes teaching materials on the session topic, an activity centered around the topic, and a healing prayer time.

During the second phase of the group experience, you can develop skills in becoming a wounded healer (leading others), team building, and the ability to walk with others on their journey.

Can you attend a Zoom overview session to become aware of what the project entails and see if this is something you might be interested in? I believe the program will support you to experience spiritual growth and will also help you make a difference in the lives of others. You will receive a Certificate of Completion at the end of the training session or workshop.

The overview with Q&A session will occur virtually on April 9, 2024, at 7:00 pm and a second opportunity will occur virtually on April 15, 2024, at 7:00 pm.

Thank you for considering this journey of growth and self-discovery with others!

For more information and the Zoom invitation please RSVP your name and email address to:

Annette Howard, Director of Training, [annetteh@lifedirections.org](mailto:annetteh@lifedirections.org) (313.399.9531)