



*Be welcomed as you are: Christian,
questioning, or anywhere in between.*

WOMEN ONLY

Women & Faith

Affirming Faith and Empowering Mental Health

If you're a woman interested in learning about mental health and faith, this group is for you. You'll find a safe space to be heard, supported, and guided as you work through the connection between your mental health and your spiritual journey.

This group is created specifically for women who want to forge friendships and learn about different faiths. We will work to support and strengthen you in the faith of your choice. We'll talk about real things—like shifting beliefs, making peace with your choices, and finding strength in hope, scripture, and community.

Whether you're rooted in Christianity, exploring new spiritual paths, or questioning it all, you'll be welcomed here.

CONTENT INCLUDES:

- **Find a safe space to talk openly** about faith, doubt, and mental health without judgment.
- **Heal from loneliness** and the heavy negative messages that still echo in your life.
- Form new friendships
- **Rebuild strength and hope**

GROUP BEGINS OCTOBER 2025

SAVE YOUR SPOT TODAY

385-223-0777

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1250 E 200 S Suite 1A

Lehi, UT 84043

WOMEN & FAITH

Psychoeducational group

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Kane Counseling Services

385-223-0777

WEEK 1: INTRO

- Get to know one another
- Establish group rules and shared values
- Set up a safe, honest, and nonjudgmental space

WEEK 2: COPING STRATEGIES

- Deepen insight into emotions
- Practice mind-body awareness with cookie art
- Engage in reflections and friendship

WEEK 3: ENERGY & ATTACHMENT

- Gain understanding of different attachment styles
- Learn about mind-body connections across different faith perspectives
- Explore the body's energy centers aka "chakras"

WEEK 4: WINDOW OF TOLERANCE

- Journaling exercises to identify life stressors and implement support skills
- Discuss connection to a faith/higher power as a source of life resilience
- Visualization exercises

WEEK 5: SELF NURTURING KIT

- Create continuity between group and daily life by assembling a self-nurturing kit

WEEK 6: CORE BELIEFS

- Use CBT (Cognitive Behavioral Therapy) to transform negative beliefs.
- Turn struggles into strengths with the support of the group.
- Tie therapeutic work into faith

WEEK 7: BRAIN CHEMISTRY & HAPPINESS

- Learn about the chemicals in the brain and their impact on our health
- Discover ways to improve cognitive functioning through simple actions

WEEK 8: CLOSING SESSION "TEA PARTY"

- Participate in a bonding, team activity to carry hope forward
- Set goals to take what we've learned from the group into daily practice

blending education, creativity, mindfulness, and faith.



385-223-0777 (CALL OR TEXT)

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