



Trinity Lutheran Church

THE WELCOME PLACE

31-18 37th St., LIC • 718.278.0036

(Corner of 31st Avenue and 37th Street)

www.trinitylic.org

"A PROGRAM FOR HEALING"

"Making Peace with Your Past: Help for Adult Children of Dysfunctional Families"

An intense program led by Pastor Paul Milholland.

12 session Face to Face support group encounters in all – 2 hours per session.

Daily homework for self-reflection.

Topics to be addressed are:

Discovering Self-Esteem
Recognizing Compulsive Behavior
Release from Shame
Overcoming the Fear of Joy
Help for People Who Grew Up Too
Soon
Perfectionism and Procrastination

Healing Painful Memories
The Advantages of a Turbulent Past
It's OK to be Yourself
Forgiving the People Who Have Hurt
You
Coming to Terms with the Blessing
Reflection and Direction

Sunday afternoons this fall, first session is September 23

3-5 p.m. in the Rectory Living Room

Sessions will be held: 9/23, 10/21, 11/1, 11/11, 11/18, 12/2, 12/9, 12/16 (2019) 1/6, 1/13, 1/20

\$15 registration fee to pay for materials

Each potential participant will be interviewed by Pastor Paul and if selected, shall sign a covenant of participation.

THIS YEAR, THE GROUP IS LIMITED TO WOMEN ONLY.

Prayerfully consider whether you are being called to take this step toward healing and health in your life.

If you have questions or are interested, please contact Pastor Paul via Facebook or email him at
paulbmilholland@gmail.com.

Last date to register is September 9

One need not be a member or attender of Trinity. • ALL ARE WELCOME

Trinity Lutheran Church

Corner of 31st Avenue and 37th Street

The Reverend Paul B. Milholland, Pastor

**For more information please see the
church Web site or call 718.278.0036**