

Life presents us with many challenges; challenges that can become manageable with the skills and support needed to address them. With the necessary life skills, needed for everyday tasks and responsibilities life often becomes more purposeful and easier to handle. With a renewed sense of purpose women's lives become more enjoyable and productive.

Healthy support systems are often the key to helping women find the strength to overcome difficulty. With the support of mentors dedicated to helping others succeed, women find their hope and strength restored.

There are times we all need a place to regroup and objectively gather our thoughts. The environment that can be found within ReGroup is just that place.

If you or someone you know could benefit from ReGroup please contact us for more information.

ReGroup: An outreach of
Evangel Assembly of God
Providing hope for life's journey

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ReGroup

*Helping to build our community
by equipping women with the skills
and support needed to live balanced
and productive lives.*

ReGroup is a stable and safe place for women to find the support of a life coach or mentor that will assist them in setting and reaching goals. ReGroup utilizes carefully chosen curriculum specifically selected to guide women in bringing balance into their everyday lives. During ReGroup sessions women learn valuable life skills and have wonderful opportunities for interaction with other women that are committed to helping them succeed.



ReGroup creates an environment for friendships to develop as women learn and grow together. With a new and healthy support system, women will find their goals and life changes are easier to reach and maintain.



ReGroup

creates an atmosphere for all those that attend to:

- ✿ **renew** their strength and sense of purpose
- ✿ **refresh** their minds and spirits
- ✿ **restore** hope for today and the future
- ✿ **regroup** and move forward victoriously

Frequently Asked Questions:

Who is ReGroup designed for?

ReGroup is open to any woman that feels they could use the encouragement of a coach or mentor to learn better life skills or achieve the goal of life change.

What are ReGroup meetings like?

Meetings are held in small group atmospheres where information is shared and discussed, helping guide those that attend toward personal growth.

What if I am uncomfortable sharing in a group?

Everyone is encouraged to share within their comfort level. If you are not comfortable sharing at first, you are still welcome and encouraged to attend.

When can I begin attending ReGroup sessions?

ReGroup sessions are held throughout most of the year and designed so you can join at anytime. For specific dates and times or answers to any other questions use the contact information found in this brochure and a ReGroup mentor will be happy to get back to you with that information.