

ADVOCACY,  
MENTORING &  
COUNSELING  
PROGRAM

# Redefined Grace Support Group

Redefined Grace is a 10-week small group experience providing simple, innovative and grace-filled mental health solutions and community support for adolescents and young adults struggling with their mental health.



Cultivating healthy solutions for hearts and minds through simple, innovative biblical truths, scientific research, and practical tools.

## **TOPICS INCLUDE...**

- Identity
- Stress
- Stigma
- Medication
- Healthy Thinking
- Rest, Relaxation & Joy
- Cycles & Triggers
- Staying Resilient
- and more!

## REDEFINED GRACE GROUP WILL HELP YOU

- REDEFINED GRACE GROUP is proven to:
- Reduce symptoms of mental health difficulties.
- Aid in overall mental health recovery.
- Renew your faith.

**TUESDAY'S AT 6:00PM**  
**BEGINING JANUARY 24TH**  
**REGISTRATION REQUIRED:**

<https://forms.gle/KA1WUa7djJkgqsD37>

**FOR MORE INFORMATION**  
**AMC@AHEARTMATTER.ORG**



Heart Of A Matter  
Ministries