

The Gift of Forgiveness

Do you want to forgive, but the pain you feel makes it seem impossible?

Are you struggling with resentment and bitterness towards those who hurt you?

Are you confused about what it means to actually forgive?

Are you struggling to forgive yourself and lift the weight of shame?

If the pain of unforgiveness is still powerful in your life today, this group is for you.



Participants will have the opportunity through the use of psychoeducational and experiential directives to answer the following questions:

What does the Bible say about forgiveness?

Is forgiveness the same as reconciliation?

How do I forgive others? How do I forgive myself?

When can I forgive?

Is it safe to forgive?

What do I do with all this pain I am feeling?

How do I forgive myself?

Join us for a six-week Psychoeducational group on the topic of forgiveness. This group is designed for those who want to learn more about forgiveness and its application, and are struggling to move forward in emotional healing. The small group instruction is designed to be psycho-educational with an experiential component to put knowledge into practice. With truthful, yet gentle facilitation, this group will be a safe place to explore the important topic of forgiveness.

Group will take place weekly for 6 consecutive sessions, from 6:00-8:00 p.m. This group is open to all ages and is co-ed.

Cost:

Pre Pay: \$299 (this saves you \$10 per session).

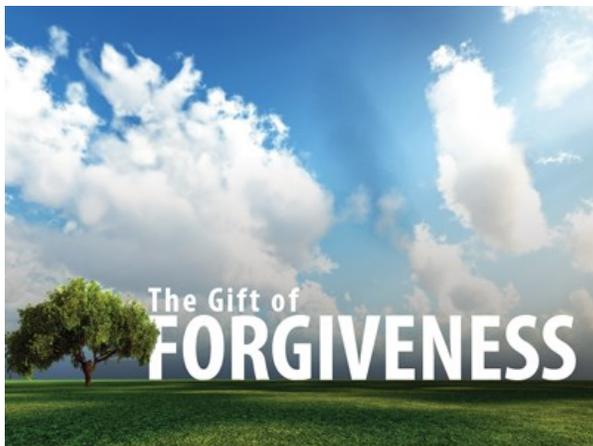
Per Class: \$60/session (6 weeks total)

Please contact Kristin Damato, M.S., L.P.C. at New Life Resources for registration details.

Phone: (262) 782-1474

Email:

Kristin.damato@newliferesourcesinc.com



Facilitator

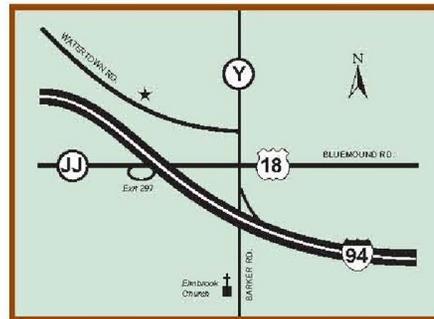
Kristin Damato, L.P.C., is a Licensed Professional Counselor and has clinical experience and advanced training in the areas of forgiveness. She has counseled individuals, couples and groups with a clinical focus in treating depression and other mood disorders, anxiety, trauma, women's identity, intimacy disorders, and other relational concerns.



Providing counseling, psychological and consulting services integrating Christian values and principles.

LOCATION

Located at Goerke's Corners, near the intersection of I-94, Barker Rd. Highway 18 and Bluemound Rd. We are approximately 1/4 mile north of I-94.



NEW LIFE RESOURCES, INC.

An outpatient mental health clinic that provides a full spectrum of services, including psychological and neuropsychological assessment, individual, couple/marriage, family, group therapy, and consultation services. Workshops, seminars, and consulting services are also available to churches, schools, businesses and other organizations.

STAFF

Our professional staff of 20 includes a psychologist, a neuropsychologist, social workers, marriage and family therapists and licensed counselors.

SERVING

We provide services for adults, children, adolescents, couples, families and step/blended families.

Forgiveness



A 6-week psychoeducational group on the topic of forgiveness.

New Life Resources, Inc.

www.newliferesourcesinc.com

“Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. ³² Be kind and compassionate to one another, forgiving each other, just as in Christ, God forgave you.”

Ephesians 4:31-32