



Journey to Freedom Co Ed Class

Tuesday evenings 5:30-6:30 pm
Downtown YMCA
April 6 - May 25
(Child Watch Available 0-9 yrs see front desk for details)

What is *Journey to Freedom*?

It is an 8-week small group course led by caring facilitators that will help you discover a Christ centered approach to lasting change.

Do you long for change?

Tired of going through life feeling stuck?

This course will give you real tools needed to make lasting change.

It offers inspiring, practical, hope filled vision for changing your spirit, mind and body.

Get help with issues such as...

**Low Self-esteem Relationship challenges Alcohol / Substance Abuse
Depression Marital /Family Problems
Stress Isolation Addictions**

**\$35 for Y member \$45 for non member- includes all 8-weeks and materials.
Limited space-Preregistration preferred. Register at YMCA**

Registration Form

Name _____ Phone _____ Cell _____

Address _____

YMCA Member Yes ___ NO ___

Amount of payment _____

Method of Payment Check ___ Cash ___ Bank Card ___ Staff initials: _____

**For more information contact Stephanie Gibson
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Frank P. Phillips YMCA - (662)328-7696 or sgibsonymca@yahoo.com**