



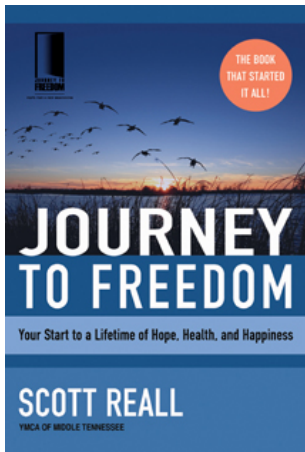
Journey to Freedom

For Women

Thursdays 10:00-11:00

April 1 - May 20

Downtown YMCA / Child watch available



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

No one is turned away for inability to pay – Please contact your facilitator for details.

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
Director of Christian Emphasis Outreach Ministries YMCA
Frank P. Phillips YMCA - (662)328-7696 or sgibsonymca@yahoo.com**