



ministries

outreach

Our Mission: To put Christian principals into practice that build healthy spirit, mind and body for all. Outreach ministries: *The YMCA is more than just a gym.* Our YMCA has established ongoing programs that serve our members and community. The outreach ministry department sees it as our privilege and responsibility to follow Christ's example to Restore, Rebuild, Repair and Renew the lives of those we serve. We continue to develop programs that follow in the footsteps of our founding fathers to establish "A work of sacrifice and service".

RESTORE

a life changing ministry of the YMCA

Is there something in your life that you want to change?

Restore Ministries is a Christ -centered healing ministry of the YMCA that provides the hope and healing you need to overcome many of life's tough issues.

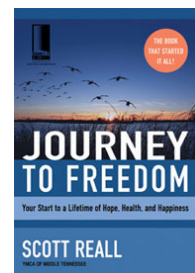
We would like to help you get on the road toward finding the freedom and abundance God has for each one of us. Pleas feel free to contact us to learn more about our programs.

We look forward to hearing form you!

Restore Groups

[Journey to Freedom](#)

This is an 8-week course of small group meeting and lesson to prepare you to take the first steps toward making important changes to your life Using the *Journey to Freedom* workbook by Scott Reall, this program is a prerequisite to all programs except *Journey to Healthy Living*

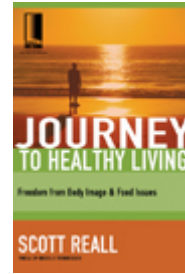


[additional courses...](#)

Journey to Healthy Living

This is an 8-week course that meets two hours once a week, combining group work with working out.

- *Gain a new perspective to physical fitness and emotional health
- *Become motivated to take care of yourself physically & emotionally
- *Connect with others who share body image struggles.
- *Learn the physiology of your emotions
- *Be introduced to a variety of exercise techniques
- * Receive group training with an experienced wellness professional



Journey to Courage

Learning to have freedom from fear. Does Fear rule your thoughts and affect your choices? If so, then this class will be helpful for you.

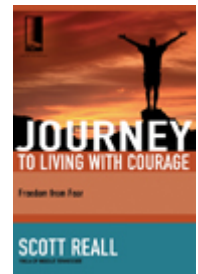
It's time to face your fears courageously work through them in a safe place with others who are struggling also. In this 8-week course you will learn how to: Identify good fear vs. destructive fear.

Overcome fear of rejection, abandonment and perfectionism.

Conquer rage, anxiety and co-dependency.

Live boldly in the light of your you were created by God to be.

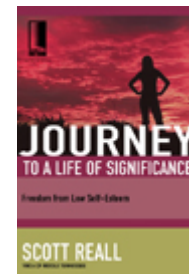
Achieve goals and dreams that have been stifled by fear.



Journey to a Life of Significance Freedom from Low Self-Esteem

This probing guide is about learning to break free from physical and emotional issues that can lead to depression and a number of other addictions. This course will help you:

- *Redefine yourself
- *Come to believe in the inherent goodness that God has toward all of us.
- *Identify the special gifts and talents that are uniquely yours.
- *See yourself as a beautiful person with unlimited potential.



Journey to a New Beginning after Loss Freedom from the pain of Disappointment

No one is immune to experiencing grief and loss in their life, but when we do, we do not have to walk through that season alone. This course provides small group lessons

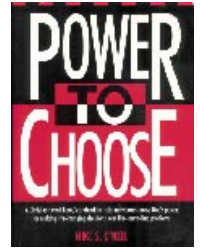
- *Uncovering hidden losses
- *Learn to be honest in examining your loss
- *Deal with anger associated with loss
- *Deal with depression and sadness
- * Examine forgiveness.
- *Move toward acceptance and new beginning



12 Steps to Freedom

Starting from the inside out, this Christ-centered, 12 Step program helps free you from addiction and other life=controlling issues as you develop a personal relationship with God. The class uses the workbook titled

Power to Choose, by Mike O'Neal. Class work is done in weekly small groups and is an intensive 16 week program.



Class location and times will vary check with your YMCA Program director for location and times.
Stephanie Gibson 328-7696



KAIROS OUTSIDE SUPPORT GROUP FOR WOMEN

who have been incarcerated
or whose lives are impacted by
the incarceration of a relative or friend.



Group meetings are free.
Membership is not required.
Attendance is confidential.

FIRST TUESDAY NIGHT OF
EACH MONTH
7:00pm at the Downtown
YMCA Columbus MS

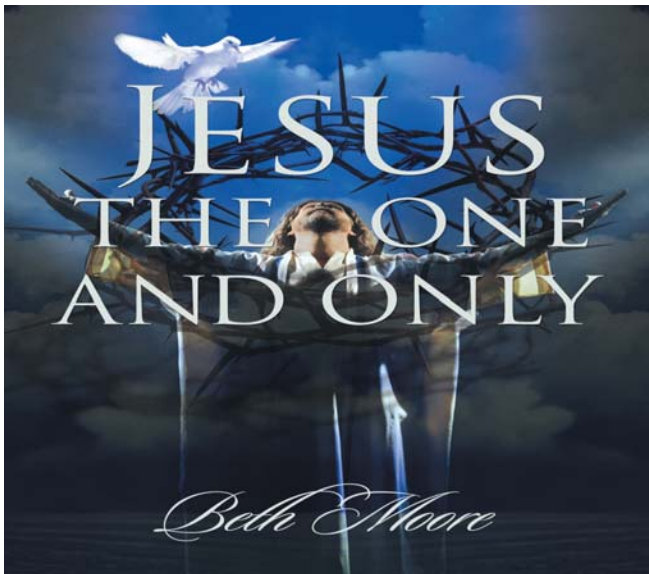
You are not alone!




For more information contact:
Kathi Coleman 329-1469
or
Stephanie Gibson 328-7696
sgibsonymca@yahoo.com



Christian Development Classes...



New Hope  YMCA
Wednesdays 8 am
Starts September 23, 2009
Child care is provided

For more information contact
Kathi Coleman 329-1469
or Stephanie Gibson 328-7696

Volunteer Opportunities...

y-mail

Y-mail is a simple ministry of handwritten notes of encouragement for widows & shut-ins.



Join us
Friday mornings at
10:00- 11:00
Downtown YMCA

Come together with others to write the notes, enjoy the fellowship, and humbly serve others.

Also if you would like to submit a name and address of a person who you think would be touched by receiving an occasional note you may register them with our ministry team. All addresses will be kept confidential and used for this ministry only.

Call YMCA 328-7696 Pat Douglas for more information



Community Service Projects....

YMCA Christmas Card Project

“Thank a Soldier”
“**BLESS AN INMATE**”

**A MINISTRY PROGRAM THAT IS OUTREACH
TO SOLDIERS OR INMATES WHO RECEIVE
HANDWRITTEN CHRISTMAS CARDS
FROM THE YMCA FAMILY
AND COMMUNITY MEMBERS.**



Ongoing Ministry Classes....

The Parkinson's Aquatic Exercise Class
and Support Group

This class meets on Tue and Thur. mornings at the
Frank P. Phillips YMCA indoor pool.
Classes have specially designed to help strengthen
Persons who are struggling with Parkinson's Disease

And a Physicians Medical release is necessary before attending this class. The family support group
meets once a month on the last Tuesday of each month at 11:00 am at a local restaurant.

For more information please contact

Stephanie Gibson 328-7696 or at sgibsonymca@yahoo.com

