The GiG Project Presents....

The GiG Women Support Group

Women’s Support Group

Program Packet

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The GiG Project Presents....

The GiG Women

Support Group

**Mission Statement-** To inspire and equip women to reach their divine potential and live out the best version of themselves.

**Vision Statement-** To Inspire and equip The GiG Women members to spread God’s love by paying it forward through peer facilitating their own GiG Women’s Support Group Program or starting up small support group extensions.

**1-Year Course Curriculum-**

Meeting twice a month (every other week)/ 2 Hour Sessions

**Composed of 22 Sessions:**

*Month 1-*Meet & Greet Orientation

Month 2-11- (10) Session A –Presentation of Topic/Open Group Sharing

Month 2-11- (10) Session B –Topic Follow Up/Activities/Small Group Sharing

Month 12- *Women’s Retreat...A Time To Live Our Testimony & Pay It Forward*

**Session Topics:**

1. *Why Did God Choose Me...Discovering Our Purpose, Passion and Potential*
2. *Creating Our Personal Mission Statement Through Self Discovery*
3. *Break Down Before Break Through...Overcoming Life’s Obstacles*
4. *She Is My Sister...Overcoming Our Competitive Nature By Learning To Support Others*
5. *Building A Healthy Household...Marriage, Family Concerns & Blended Families*
6. *How To Survive Divorce with Confidence & Direction*
7. *Me Too! Overcoming Domestic Physical & Sexual Abuse*
8. *Letting Go Of Unhealthy Habits That Cause Anxiety and Depression*
9. *Tips On How To Become A Healthier, Happier and Balanced Me*
10. *Fulfilling God’s Purpose*

**1**

**Course Format**

Topics will be covered in (2) 2 Hour Sessions:

***First Session***

***Meet & Greet Orientation:*** Check In Members, Discuss course outline, course topics and materials. Participate in icebreaker activities, share in refreshments.

***Session A (10)***

**1) *Opening Prayer***

**2) Introduction of Team Members, Guest Speaker and New Members**

**3) Topic Focused Material or Guest Speaker:** Guest Speaker will introduce the session topic in either a personal testimony or lecture presentation. In lieu of a guest speaker you can also use a DVD presentation, article, scripture or quote to base your session topic on.

**4) Phycho-Educational Curriculum:** This section will incorporate specific information and tools for managing related circumstances to the Session Topic. Section includes benefits of journaling, discussions, collaboration, tools for coping, and empowerment through collected materials and resources.

**5) Open Forum:** Follow up discussion based on topic in large group setting.

***6) Closing Prayer***

***Session B (10)***

***1) Opening Prayer***

***2)* Facilitator/ Team Reflection Presentation:**May include materials, testimony, handouts, resources, game or exercise.

**3) Small Group Discussion:** Members will break down into small groups to discuss and share in more intimate conversation pertaining to topic.

**4) *Closing Prayer***

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**Sample Promotional Flyer**

The GiG Project Presents....

The GiG Women’s Support Group Course

***Mission Statement-*** *To inspire and equip women to reach their divine potential and live out the best version of themselves.*

**Sessions Begin** **(Date)**

**Time: 6:30pm-8:30pm**

**Meeting on the 1st and 3rd Monday of each month**

***Cost:*** *We believe all individuals deserve the right to freely participate in group therapy. We welcome class donations to help cover costs. Open to women 18 and older.*

**1-Year Course Curriculum-**

Meeting twice a month (every other week)/ 2 Hour Sessions

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7. *Me Too! Overcoming Domestic Physical & Sexual Abuse*
8. *Letting Go Of Unhealthy Habits That Cause Anxiety and Depression*
9. *Tips On How To Become A Healthier, Happier and Balanced Me*
10. *Fulfilling God’s Purpose*

***To register please contact:***

*(Parish Name) Parish office (phone number) Facilitator: (Name & phone number)*

*For The GiG Women Support Group materials, PDF downloads, resource links and to learn more about* ***“The GiG Project”*** *Please visit our website at* [*www.thegigproject.net*](http://www.thegigproject.net)

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**Class Material List**

Attention Members, we would like to provide you with a suggested class material list to help you get the most from your sessions:

**Notebook**- 2”or 3” 3 ring binder

**Paper-** standard lined notebook paper & plain paper

**Acetates-** 3 hole clear acetates to insert handouts & loose materials

**Pen Holder Insert-** to hold pens and pencils

**Pens –** and pencils, color pens or pencils for those creative moments

**Creative Name Tag-** we ask you to create your own name tag that displays not only your first name, but a spark of your personality as well. May be clipped to a lanyard

**Index Cards-** will be explained at orientation

**Kleenex**

*\*There is no fee for this 12-month course, however we do ask for a donation consideration. There will be a donation box provided at each session on our information table.*

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**Support Group Guidelines**

* **Protect Confidentially:** All information shared within the group is to remain private and confidential
* **Be Punctual-** Arriving late and leaving early is disruptive to the class, facilitator and guest speakers.
* **Group Etiquette –** It is imperative for everyone to understand the expectations for respect and personal responsibility. Acceptance of differences (including social, cultural, linguistic differences or where an individual is in their life journey). Respecting each other’s opinions. Refraining from judging people. Using first-person language (“I” statements)
* **Conversation Etiquette:** We must strive to not monopolize the discussions in open grouping as well as small group conversation. Try to limit our responses to a minimum so to give others the opportunity to participate in the conversation. Listening without interrupting. Avoiding personal or side conversations during the meeting and discussions. We must also try to stay on topic and avoid digressing to irrelevant topics.
* **Be positive and Constructive when responding to others:** Learning to deal with conflict in a positive and constructive way, without excessive stress, is an important way to improve well-being as well as relationships with other members. Conflict can be damaging to the group by sparking negative feelings between members and misappropriate energy that’s needed elsewhere. It can also deepen differences and diminish group cohesion.
* **Respect Boundaries-** Boundaries are the framework for healthy and productive relationships. We must always respect and strive to maintain appropriate boundaries. Important aspects are experiential knowledge and confidentiality. Essential to the successful functionality of these features is the proper application of boundaries. Relationship boundaries are established to promote trust, increase safety, demonstrate respect, develop a working alliance (rapport), and provide structure to the helping relationship. They create clarity and predictability for the individual, the facilitator, and the group as a whole.

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**Session Topics & Their Objectives**

1. ***Why Did God Choose Me, Discovering Our Purpose, Passion and Potential***
* *Personal reflection on how we see our self*
* *What made us who we are today and how can it be purposeful for God*
* *What drives us in life*
* *Where do we want to be and how do we get there*
*
1. ***Creating Our Personal Mission Statement Through Self Discovery***
* *What is a personal mission statement*
* *What defines who we are and how do we want to be remembered*
* *The purpose and strategy of finding our true self*
* *How can we accomplish our personal best*
1. ***Break Down Before Break Through, Overcoming Life’s Obstacles***
* *Personal reflection of breakdowns serving as paths and doorways to wisdom & growth*
* *How one should view obstacles in order to overcome them*
* *Practical solutions to simplify problems*
* *Learning to embrace the good with the bad*
1. ***She Is My Sister...Overcoming Our Competitive Nature By Learning To Support Others***
* *Why do we feel insecure in the presence of other women*
* *How to gain strength through others*
* *How to be a inspirational and a loving sister to all*
* *How to serve others with a humble heart*
1. ***Building A Healthy Household: Marriage, Family Concerns & Blended Families***
* *What makes a healthy family*
* *Understanding the fundamentals of a healthy marriage from the perspective of both husband and wife*
* *Addressing basic day to day family concerns*
* *Making the most of blended families*
1. ***How To Survive Divorce with Confidence & Direction***
* *Why does divorce happen*
* *Where to turn for advise and who to involve*
* *Maintaining a healthy perspective through divorce*
* *Moving forward with confidence and direction*

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1. ***Me Too! Overcoming Domestic Physical & Sexual Abuse***
* *The importance of facing the trauma past or present in order to heal*
* *Where and who to turn to for help and support*
* *Learning to love ourselves again*
* *Learning to trust again*
1. ***Saying What I Mean and Meaning What I say, Communication Skills***
* *Understanding the importance of articulating our thoughts*
* *Learning to filter our thoughts before we cause damage to ourselves and others*
* *The benefit of learning how to speak from the heart*
* *Appreciating the power of communicating through silence*
1. ***Letting Go Of Unhealthy Habits that Cause Anxiety & Depression***
* *Tracing back to the beginning*
* *Identifying triggers that cause us anxiety or depression and how to address them*
* *The importance of journaling and meditation*
* *Exercises to overcome bad habits, mind over matter*

 ***10. Tips On How To Become A Healthier, Happier and Balanced Me***

* *Evaluating where we stand today on the happy scale*
* *What do we have, what do we want, and how do we get it*
* *Implementing change*
* *Learning to love and appreciate who we are*

***11. Fulfilling God’s Purpose***

* *Why did God create us and what is our purpose*
* *Recognizing our talents and strengths to best serve out our purpose*
* *Worthy to serve in all forms and walks of life*
* *How to begin our mission*

***12. Women’s Retreat, A Time To Live Our Testimony & Pay It Forward***

* *Sharing of testimonies of experience and growth through course*
* *Utilizing our experience and knowledge to bring fourth our best self*
* *Paying It Forward- Do you have the calling to become a missionary*
* *Where do we go from here and how to maintain the best version of ourselves*

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**Session A Agenda Sample**

**Topic:**

**Check In- 6:30pm-7pm**

**7pm- Welcome/Team Introductions/ Opening Prayer**

* Introduction of Session Topic
* Introduction of Guest Speaker/or Presentation Material
* Guest Speaker Presentation

**7:30pm- 8pm- Phycho-Educational Curriculum**

* Supporting Discussions with Guest Speaker/ Materials/Activities

**8pm- 8:30pm- Open Forum Discussion/ Closing Prayer**

* Large group discussion pertaining to topic with facilitator and member participation

**Session B Agenda Sample**

**Topic:**

**Check In- 6:30pm- 6:45pm**

**6:45pm-7:30pm- Welcome/ Opening Prayer**

* **Facilitator/ Team Reflection Presentation:**May include materials, testimony, handouts, resources, roll playing, games or exercise pertaining to session topic.

**8pm-8:30pm- Small Group Discussion/Closing Prayer**

* Members will break down into small groups to discuss and share in more intimate conversation pertaining to topic.

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**Sample Invitation For Guest Speakers**

Christina Marie Daniels

12 332 Brianwood Dr

Riverside, Ca. 92503

(Name of Guest Speaker)
(Address)

Dear (Mr., Mrs., Dr., Rev.) \_\_\_\_\_\_\_\_\_\_\_\_,

I am writing to you on behalf of the The GiG Project’s Women Support Group. I would like to extend an invitation for you to speak at one of our support group sessions. We would like you to speak to our members on the evening of (Date and time). The topic we would like you to address is “(Topic for discussion).”

Our course discussion topics we believe touch on important issues many women deal with on a day-to-day basis.

Our 4 objectives for the topic we have chose you for are:
(list 4 Topic objectives)

1.

2.

3.

4.

We would like you to build your talk around these four objectives. Check-in time for members is 6:30pm and 7pm we begin our meeting. The meetings last 90 minutes and we will allow 10-15 minutes for your talk with question & answer time later in the session. We also request that you provide a copy of you’re your discussion and any supporting materials or activities such as handouts, inspirational quotes, games, or anything that can enhance your talk and assist with the follow up discussions.

Enclosed you will find a copy of the GiG Women’s Mission & Vision Statements as well as our course outline & curriculum. Please let me know by (Date) if you will be able to come that night. My address is above and my phone number is (Phone Number). We appreciate your support and participation.

Sincerely,

(Facilitator’s Name)

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**Facilitator Preparation Check List**

This program only serves as a model for the course. Its important to customize topics to fit the needs of your members.

**Facilitator Preparation Checklist:**

* Familiarized yourself with our online Facilitator and Support Group preparedness packets
* Choose your 10 topics (or use provided topics) based on your member’s needs.
* Research and compile materials to assist each topic
* Establish your course start time and date and select your meeting location
* Form your 7 Member Support Team and go over outline & job descriptions
* Select your guest speakers and send out the request letter
* Prepare your guest speakers with topic outline & mission statement
* Prepare supporting material and/or activities on each topic for session B, and prepare backup discussion presentation should a guest speaker cancel at the last minute.
* Set up meeting dates and times with your member support team
* Create and decorate your donation & suggestion box
* Begin your promotion and registration process.
* Continue to build your facilitators folder, support materials and resources to share with fellow facilitators and future groups

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**Selecting & Preparing your Team Members & Guest Speakers**

**7 Supporting Team Member’s Job Descriptions**

(1)**Co-Facilitator-** Assists facilitator with booking guest speakers, presentation materials, assisting in open forum facilitating

(2)**Hospitality/Check-In-**Registration of members, signing in members, name badges

(2)**Set Up/Team Refreshments-** Arriving 20 min. early to set up meeting room and refreshment table

(1) **Information Specialist-** Assists in presentation of journaling ideas and inserts, class material list, collection of supporting handouts and materials, sets up information table.

(1) **Treasurer/Secretary-** Send out email announcements and reminders, collects and records donations, issues reimbursements and payments, assists other team members.

**Preparing Your Guest Speaker**

It’s best to select all of your guest speakers right in the beginning of your course so they can properly prepare. Invite them to participate in course sessions and observe the other guest speakers. Pick topics that relate to your potential member’s interests and needs. You can also use the topics we provide along with all their supportive materials.

It’s also important to select your guest speakers based on their professional or life experience pertaining to the session discussion topics. Remember the group facilitator is the first guest speaker in session 1 presenting the discussion topic “Why did God Choose Me”, the personal testimony of The GiG Project Founder Christina Marie Daniels.

Once you select the individual (male or female) for each topic, you will ask them to prepare the following:

* Present a 10-15 minute testimony, lecture or article.
* Provide a copy of discussion and supporting materials such as handouts, quotes, games, or anything that can enhance presentation and assist with the follow up discussions.

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Pay It Forward

Are You Ready to start your own

GiG Women Support Group Course? How About A Small Support Group Extension? We are here to help!

**Are you prepared? Here is your Facilitator Preparation Checklist:**

* Desire to make a difference in the lives of other women by inspiring and equipping them to reach their divine potential.
* Attended our 12 month course
* Retained all materials & handouts from sessions
* Familiarized yourself with our online Facilitator and Support Group preparedness packets
* Set your start time goal and select your meeting location
* Form your 7 Member Support Team and go over outline & job descriptions
* Select your guest speakers and help prepare them with topic outline
* Prepare supporting material and/or activities on each topic for session B, and prepare backup discussion presentation should a guest speaker cancel at the last minute.
* Prepare your class material list for registration
* Start your promotion and registration process.
* **Second Option-** Open your home or find a location to host a weekly or twice a month women’s support group.

***Congratulations for answering God’s Call to serve as a missionary to his people.***

*Remember we are here to help you.*

 *Everything you need can be found online at our website*

[***www.thegigproject.com***](http://www.thegigproject.com)

*Click on the The GiG Project button located on the Home screen and follow the prompts*

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"The Gig Project"

As a recently divorced woman of a 20 year union and stay home mother of 3 beautiful teenage daughters, I found myself struggling with great difficulty trying to restore my self confidence that was lost, and once again enter back into the career and industry I gave up to raise my children. I discovered it was not easy and the court battles of many divorces in this country show little mercy for stay home mothers. This is the reason and motivation behind "The GiG Project". I have learned so much from my ordeal, and the single most important thing I experienced and want to share with other women and children is that you are loved and appreciated! God is so Good and even in the darkest hours he will always show us how to restore what was lost.

"The GiG Project" is a charity outreach effort raising funds to help local organizations HELP MOTHERS AND CHILDREN who are suffering from family fallouts. By donating and purchasing items through the

"The GiG Project" you are helping those individuals get back on their feet.

My personal objective is to establish a facility where moms and children can come to seek temporary shelter, counseling, food, clothing & necessities, support groups and professionals who specialize in restoring a person's confidence by offering legal advise, job training and image consulting.

If you would like to be a part of this effort please consider donating clothing, shoes and accessories. All items will be displayed for sale on this website and through other social media avenues through the Studio 3B Boutique. 50% of all sales proceeds will be donated to local churches and organizations that offer specific outreach programs for mothers and children who are victims of recent family separation and divorce.

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If you would like to purchase any of the items you see in our collection or donate items to our cause please contact us by email or call (951)858-3544. We will arrange for delivery or pickup. Surrounding areas include Orange and Los Angeles County and the Inland Empire

If you would like to join our efforts by becoming an affiliate or direct sponsor by assisting mothers and children in areas of your expertise, training or interest please contact us.

Together we can share God's love and blessings by paying it forward to those in need.

ATTENTION MOTHERS AND CHILDREN IN NEED OF OUR SUPPORT:

We are here for you. If you are in need of assistance please visit our Help Desk or contact us directly. We want you to know that you are not alone, and I personally know how difficult this time may be for you and your children. It is important that you feel not afraid or ashamed to reach out for support and friendship during this crisis and allow God to work through others to help your family.

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Why Did God Choose Me?

My Personal Mission & Vision Statement

*By Christina Marie Daniels*

If one were to take a good look at me inside out, I’m sure that many of you would find fault in me. Perhaps some of you would even go as far as to question my qualifications to stand before you asked to deliver a message titled WHY DID GOD CHOSE ME? And I’m sure that most of you have felt at one time or another that you yourself were not qualified or worthy enough to serve God in the same manner, to the same capacity or to the same degree as others around you. Have any of you felt this sense of insecurity or un-holiness in comparison to others? How about feeling unworthy to stand before Jesus should he come back to us this very day? You see, we are no different really. We are women in search of one common denominator...to seek God, to serve God, and to better understand why God chose us.

There are many reasons why God shouldn't have called me, or any of us for that matter, but my sisters, we are not to worry, as we are in good company. Jesus’ disciples were ordinary men whom God used in an extraordinary manner. He chose fishermen, a tax collector, a political zealot, and other ordinary men. The Bible presents these men’s failings, doubts, and struggles. They were prone to faults, mistakes, misstatements, bad attitudes, and lapses in faith. But, the Bible also presents that the disciples were radically changed following the death and resurrection of Jesus. The twelve disciples/apostles were average people. They were not chosen from among the religious elite or the rich and, in fact, were even among the more despised in society. They were not educated and had no influence with important people. Furthermore, throughout the Gospels we see them fail, struggle, and doubt God. They are very average men with whom we can identify. What should astonish us is that God used this small group of insignificant men, with all their problems. So why then do I or any of us often question our self worth in the eyes of the church, in the eyes of our fellow brothers and sisters and in the eyes of God? If Jesus chose these individuals to serve Him and they in return responded to his call, then why would we not qualify in the eyes of our Father?

Each and every one of us has been blessed with unique gifts and qualities that serve the glory of our Father. What we must do as women is learn to look upon what we might consider our weaknesses as possible strengths. What we might consider shortcomings, as opportunities to grow. We must learn to look at our past failures as lessons to learn from. Our greatest strength and wisdom comes from overcoming our mistakes and weaknesses. How else do we come to appreciate who we are today if we refuse to embrace who we were yesterday?

I’d like to share with you an article I wrote for the Santa Rose Diocese Newspaper. I’d like you to get a closer look into who I was yesterday so that you might appreciate who I am today...

*Editor’s Note: No topic touches so many American families as divorce. Almost everyone has some experience with it, whether personally or remotely.*

*To that end and regardless of their particular situations, we thought readers would benefit from reading one woman’s experience with divorce.*

*Her struggles have been mighty. How she has adapted to them has been inspiring. The lessons she has learned are applicable to us all.*

*This column is the first in a series*.

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*Could I have ever imagined that in my forty-eighth year of life I would be a divorced Catholic woman looking back at my 18-year marriage asking myself, “Where did it go wrong? Could I have saved it?” A 20-year relationship ending in a bitter divorce, our three beautiful teenage daughters bouncing back and forth between us, the loss of our home due to a depressed housing market, and the loss of my father one day before our divorce trial.*

*All of this stress crumbled down on me in just the past four years. Everything I knew and loved was taken away. It was only by God’s grace and the support of my parish community that I have the strength and ability to tell my story today.*

*Many couples and families are experiencing a similar situation. Even if yours isn’t, all of us struggle. But while our struggles are different, the qualities and characteristics of that suffering have so much in common.*

*Therefore what I hope to do with this series is share some of what I have learned. I want to show how the Lord is there for us even when that is impossible to believe. Finally I want to show He has an awesome plan for everyone. I know because I’m proof of that.*

*Before I begin, however, I want to clarify one very important fact about where I stand on marriage and family.*

*You might think with all I’ve encountered in the past four years and for most of my marriage I would be a bitter woman who held deep resentment for men and would vow to never marry again, that I might even favor divorce.*

*On the contrary, I am an outspoken advocate for marriage and family. I firmly believe that in most cases where couples are contemplating divorce, there is hope and salvation for their family as long as both parties are willing to either adopt or at least acknowledge this philosophy: “There is no greater battle to be fought and won than that of the battle to save our marriage and family.”*

 *Recently I was asked, “If you could have everything back the way it was—your marriage, your family, and your life style—would you?”*

*Whew! That’s a loaded question. However it’s important for me to answer it honestly from my heart.*

*If you had asked me this a few years ago, I would have said “YES! Absolutely.”*

*Today though after undergoing four years of battle with a man that wants nothing to do with me, who discarded me so easily without any concern for my well-being, I can’t help but look at my past as perhaps a chapter in my life that was not of God’s will.*

*Do I still love my husband? Yes I do! Love is a choice, an act of the will, and I choose to always love him. He is the father of our three amazing girls, and in my heart and soul, you don’t spend 20 years of your life with one person and really ever stop loving them.*

*I miss our family unit. I miss the togetherness under one roof with the most important people in my life. And although my journey of marriage was complicated and painful at times, I wish my family was still intact. But it isn’t. So how do I forgive my husband who is the primary cause of that? How do I discern God’s will in all of this? Most importantly, what have I learned, and how might that help you?*

This article was written a little over two years ago. As you hear in my words there was reason to be angry, to be hurt and to be vengeful. But I chose to use that portion of my life and that journey as just one learning chapter in my very big book of life. I used my experience as fuel to nurture my inner self, my soul. I wanted to learn as much as I could from my experience so that I can use it to not only grow as a better woman, mother and hopefully wife one day, but also to help other women and children who may find themselves in a similar situation. Again I ask you how do we come to learn to appreciate what we have and who we are if we are never given the opportunity to see what we are truly made of? Until something is taken away from us we will never understand it’s true value in our lives. And most importantly sometimes it is essential for God to break us completely down, stripping us of everything we have grown to learn, to love and to depend on so that he can rebuild us in His image. I understand this

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now. Sure, there are lots of reasons why God shouldn't have called us. But if we are in love with Him, if we hunger for Him more than our next breath, He'll use us in spite of who we are, where we've been, or what we look like. I pray that as daughters of Christ, we will step out of our limitations into the illimitable world of God. Then our passion for God and our passion to communicate with Him will remove any and all ties that bind us to our insecurities and sense of unworthiness.

I’d like to quote from a beautiful reflection I often use in my blogs...”Like vine branches, we are not continually laden with fruit. That would be unnatural. For a significant portion of its life, a grapevine is nothing but a dry, twisted stick; fruitless, useless for shade, worthless as timber; to all appearances; fit only to be ripped from the ground and reduced to ashes. Yet those barren times are as vital in the life of the vine, as the seasons of fruit.” Let me read that last line to you one more time...” Yet those barren times are as vital in the life of the vine, as the seasons of fruit.” How do we come to appreciate when the cup is half full if we’ve never had our cup half empty? You know I often tell my daughters the day you learn to embrace those moments in life that bring hurtful tears to your eyes as “gifts of circumstance” to learn and grow from, the better version of yourself you will become. This my sisters, I believe to be the most valuable gift from God...the ability to forgive others and ourselves so that we can become the best versions of what God created!

As for me...I’m proud to say that since I wrote that first article I have healed and grown a lot. A few areas of my life I’ve been working on...Well I have founded the GiG Project; a non profit organization designed to help women and children who have fallen victim to family fall out, I have begun to write my first book “Pray With Me” which is a calendar year collection of my daily prayers. I have also gone back to school to earn my certification as a Holistic Health Practitioner and Spiritual Counselor so that I can help others. I must share with you that I was pleasantly surprised to discover through my study program that most physiatrists, therapists and counselors are led to the profession of phycology because of their own personal past experience of hardships. In some cases it started off as self- discovery that led them to want to learn how to heal their own wounds and then learn how to not only help, but also protect others from experiencing what they themselves have experienced. I believe I fall into that category and I sometimes feel that this path I’m currently on was God’s plan for me all the while. And now look.... After years of not believing in myself, I’m now here in front of all of you sharing my personal story, the story of a woman who once felt worthless and un important. But now I’ve grown to embrace all that I am because I believe God has blessed me with my own uniqueness just as He has blessed all of you....

If I leave any impression upon you through this personal mission statement, the one thing I want to stamp upon your heart is this.... one of my favorite quotes I often use from one of my favorite movies, The Help: YOU IS KIND, YOU IS SMART AND YOU IS IMPORTANT! Thank you.

**Why God Chose Me Discussion Question:** The question I chose for all of us to explore is based on an insert from one of my reflections from the book I’m currently writing...

“It simply doesn't matter what this life throws at us or how many times we fall, as long as we remain God's children and trust in his will, he will bring to us all that we need to flourish and strive. And sometimes that requires him to allow this world to break us down so that He can rebuild us in his image. To understand the will of God in our lives is to allow ourselves to remain silent at times so that God can speak to us; to pray diligently for His guidance and wisdom, and to remain patient for His work to be done. To understand the will of God in our lives is to understand that all good things come from Him, and God has the power to heal all things that the world and the evil one throws at us. If we believe in God and trust in Him, He will never let us down.”

**Question:** What past pain, situation or circumstance has proven to be a stepping stone to a new beginning, and confirmation that God has chosen you to serve HIM?

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**Helpful Links for The Facilitator**

Please visit these sites for information on how to properly facilitate your group sessions:

<https://www.mentalhealthamerica.net/sites/default/files/MHA%20Support%20Group%20Facilitation%20Guide%202016.pdf>

<https://www.goodtherapy.org/learn-about-therapy/issues/women-issues>

<https://www.healthcentral.com/article/program-ideas-for-support-group-meetings>

<http://www.smallgroups.com/articles/2008/tips-for-facilitating-group-discussion.html?paging=off>

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**Resource Links For Help & Resource Centers**

**General Crisis Support by Text**

**Crisis Text Line:**

Text “SUPPORT” to 741-741 (24/7, Free).

**Depression & Suicide**

**The Trevor Project**

Call 1-866-488-7386 (24/7)
Live Chat - **http://www.thetrevorproject.org/chat** (Fridays 4:00 PM to 5:00 PM EST)

**National Suicide Prevention Lifeline**

Call 1-800-273-TALK (1-800-273-8255)

**Red Nacional de Prevención del Suicidio**

Call (Llame) 1-800-786-2929 (24/7)

**Veteran’s Crisis Line**

Call 1-800-273-9255, option 1

**TAPS National Military Survivor Helpline**

Call 1-800-959-TAPS (1-800-959-8277)

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**Dating Abuse & Domestic Violence**

**Love Is Respect**

Call 1-866-331-9474 (24/7)
Chat Online - **http://www.loveisrespect.org/**Text “loveis” to 22522 (7 days/week, 5:00 PM to 3:00 AM EST)

**National Domestic Violence Hotline**

Call 1-800-799-7233 (24/7)
Live Chat - **http://www.thehotline.org/help/**

**RAINN**: Rape, Abuse and Incest National Network Call 1-800-656-4673 (24/7)
Live Chat (24/7) - **https://ohl.rainn.org/online/**

**National Sexual Assault Hotline**

Call 1-800-656-HOPE (1-800-656-4673)

**Child Abuse**

**Childhelp National Child Abuse Hotline**

Call 1-800-422-4453 (24/7)

**National Safe Place**

Text “SAFE” and your current location to the number 69866 (24/7)

**Runaways, Homeless, and At-Risk Youth**

**National Runaway Safeline**

Call 1-800-786-2929 (24/7)

**National Hopeline Network**

Call 1-800-SUICIDE (1-800-784-2433)

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**Warm-Lines**

**KEYS Consumer Organization**

Call 1-800-933-5397 (Monday to Friday 8:00AM to 5:00PM)

**Edinburg Center Warmline**

Call 1-800-243-5836 (Monday to Friday 5:00PM to 10:00PM, Saturday to Sunday 4:00PM to 9:00PM)

**The Peer Warm Line**

Call 1-877-733-7563 (Monday to Sunday 4:00PM to 8:00PM)

**www.metrobostonrlc.org/warmline.html**

**The Empowerment Center of New York**

Call 1-800-435-7800 (Monday to Friday 8:00AM to 8:00PM EST)

**The Warm Line – King County**

Call 1-877-500-9276 (Wednesday, Friday, and Saturday 5:00PM to 10:00PM)

**Warmline, Inc. Milwaukee WI**

Call (414)777-4729 (Wednesday to Monday 7:00PM to 11:00PM)

**www.warmline-milwaukee.webs.com**

**Vision of Hope**

Call (602)347-1100 (Monday to Friday 12:00 Noon to 12:00 Midnight, Saturday to Sunday 4:00PM to 12:00 Midnight) **www.hopeaz.org/warm-line**

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