

FREEDOM SESSION

WELCOME!

Freedom Session is a Christ centred program for people who are ready to move into greater levels of freedom and healing and/or desire a deeper relationship with Jesus Christ. We use a revised version of the 12 Steps along with practical teaching from the bible to give you real hope and a future. We walk you through a process of how to find healing in your pain and how to deal with your past to break cycles of abuse, escape and dysfunction. People from every walk of life, every economic level and virtually every area of struggle have participated in Freedom Session. It is equally effective for those without any previous Christian experience and those who have been raised in the church all their lives. Freedom Session is a place to be heard, a place to feel loved and a place to find healing.

We are...

- A safe place to share
- A refuge
- A place of belonging
- A place to care for others and be cared for
- A place where respect is given to each member
- A place where confidentiality is highly regarded
- A place to learn
- A place to grow in God
- A place where you can take off your mask
- A place for healthy challenges and healthy risks

We are NOT...

- A place for selfish control
- A place for secrets
- A place to rescue or be rescued
- A place for perfection
- A place to judge others
- A place to fix others
- A quick fix
- Therapy

Time – Thursdays (Sept 20-Feb 7) – 6:45pm-9:00pm

Cost - \$20 per booklet (2 total)

Outline – each night starts with a video presentation and group interaction followed by small group sharing. Part-way through the course, participants get further support from a Sponsor.

Commitment - To be part of a small group you will commit to

- regular attendance
- completion of homework and make-up of missed sessions
- confidentiality

(the course is divided into two 10-week sessions – with a 2-week break at Christmas)