



Forgiveness Group

Men's Group Therapy

Forgiving, Accepting, & Growing, by Overcoming the Hurt, Loss & Anger

This therapeutic process group is designed for men who want to develop a healthy journey through the path of forgiveness. This confidential group utilizes the empirical studies and knowledge of Robert Enright's book, "Forgiveness is a Choice" and will help you to identify key losses, injustices, wounds and/or regrets that you may have experienced, and learn to address and heal them in a purposeful and Christ-centered way. By helping you to focus on a particular person and/or injustice in your life, the main goal of this group is to help you to learn and experience what forgiveness is, why we are called to forgive and the specific ways of how we forgive.

This Group Will Help You To:

- Understand the biblical importance of forgiveness
- Challenge the myths and barriers to forgiveness
- Learn to address the signs and symptoms of unforgiveness
- Identify and validate the key injustices, wounds, losses and regrets you have experienced
- Develop a personalized plan for forgiveness as God intended it
- Create a support system and community for a forgiving life

When

Thursday evenings from 6 – 8 p.m., for fourteen weeks, beginning January 23rd through April 24th

Where:

The Center for Christian Counseling,
Consultation and Training, Inc.
5310 Wall St. Suite 500 Madison, WI 53718

Cost:

\$90/week (2 hour group), plus material costs.
May be able to use insurance. Limit 8 per group.
Accepted on first come basis.

Contact:

To sign-up or for more information, contact Justin Bangert at (608-274-8294) or go to our website at www.christiancounselingmadison.com

Registration Form for:

Forgiveness Group Group Therapy

Name: _____

Address: _____

Home Phone Number: _____

Work Phone Number: _____