



HOUSE *of* HOPE

WINTER GROUPS 2022



House of Hope is a space for hospitality, hope, and healing. We seek to address issues of justice and mental health as we walk with you and find resources that help. We're passionate about hope that's accessible to ALL people.

Our groups at House of Hope offer space to find hope and healing together. We want to walk with you. Through education and connection, you'll have the opportunity to develop the skills needed on your emotional health journey.

As you take a look at the current offerings, we hope you find a space for hope to grow this season.

Warmly,

The House of Hope Team



Life offers us day after day of beginnings and endings, moments on the mountain-top as well as endless days deep in the valley of pain. Renew groups are about finding space to heal from the moments, days, and transitions that leave a mark.

We believe that the work of renewal is allowing room for something new to grow in the middle of the unknown.



WHOLEHEARTED MEN & WOMEN

START DATE/TIME: TUESDAYS, MARCH 8TH FROM 7 - 8:30PM

DURATION: 10 WEEKS

LEADER(S): AARON SALENTINE

VIRTUAL OR IN PERSON: IN PERSON

LOCATION: SOUL CITY CHURCH, ROOM 103

Join us for Wholehearted Men and Women, a 10 week educational processing group designed to help you better understand the damaging effects of shame. Together, we'll learn how to step into the life and relationships you deserve & desire. Based on video curriculum by Brene Brown, we will uncover the way that shame works in our lives and provide you tools that lead to greater compassion and connection.

Each night we will host breakout groups where members can practice shame resiliency in a setting that fosters understanding and empathy. Through the power of sharing our stories and holding space for one another, we will learn what it means to live from a place of wholeheartedness, trusting that we are worthy of love and belonging.

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GRIEF 101

START DATE: MONDAY, FEBRUARY 15TH, 7 - 8:30PM

DURATION: 3 WEEKS

LEADER(S): DIANA FOX

LOCATION: VIRTUAL

In this cultural moment in 2022, we've all lost something. Grief is complex and can feel like a sense of numbness in your day to day life; a tidal wave that's drawing you; relentless anxiety; or a combination of all these things at once. Whether you are experiencing a difficult transition, are feeling lost and a sense of purposelessness, or have lost a loved one - this is where grief lives.

In Grief 101, we'll learn about what grief looks like in the here and now of our lives as well as how to cope and identify when it's coming up.

Over 3 weeks together, this group will serve as a beginner's course for those wanting to understand more of what they're feeling. As a trained mental health therapist, Diana will help members find tools for coping and walking through the sometimes confusing pain of grief.

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GROWING THROUGH GRIEF

START DATE: MONDAY, MARCH 7TH, 7 - 8:30PM

DURATION: 10 WEEKS

LEADER(S): DIANA FOX

LOCATION: VIRTUAL

When we think of grief, most of us think of losing someone we love, and yet grief encompasses all kinds of loss. Whether you've lost a loved one, a job, are experiencing a difficult move or transition, or find yourself feeling stuck after a loss many years ago, you've experienced grief and know it's not one size fits all. In Growing Through Grief, we'll sit with each other in our unique grief and remain open to the possibility of community support through our similarities. Over the span of 10 weeks together, this group will serve as a space for comfort, presence in pain, support, and healing. Care leader & retired therapist, Diana Fox, will help members find tools for coping and walking through the deep emotional pain of grief.

This class will meet over Zoom.
All links and materials will be sent out the week prior to start.

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GROWING THROUGH GRIEF

START DATE: MONDAY MARCH 7TH, 7 - 9PM

DURATION: 10 WEEKS

LEADER(S): PETER GALE & DIANA FOX

LOCATION: HOUSE OF HOPE AT SOUL CITY CHURCH

When we think of grief, most of us think of losing someone we love, and yet grief encompasses all kinds of loss. Whether you've lost a loved one, a job, are experiencing a difficult move or transition, or find yourself feeling stuck after a loss many years ago, you've experienced grief and know it's not one size fits all. In Growing Through Grief, we'll sit with each other in our unique grief and remain open to the possibility of community support through our similarities.

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Revive Groups

Experiencing a moment that changes everything is something you never forget. Whether in adulthood or childhood, wounds from trauma & abuse steal our breath, the essence of our life, and sometimes our ability to capture peace and joy in the world around us.

The word Revive means to restore life to; and our Revive Groups offer you the space to do just that. Join us to learn how to come alive again, even after deep wounding.



MENDING THE SOUL FOR MEN

START DATE: TUESDAY, FEBRUARY 22ND FROM 8 - 9:30PM

DURATION: 10 WEEKS

DIRECTOR OF CARE: CHRISTI CHATMAN

**LOCATION: HOUSE OF HOPE AT SOUL CITY CHURCH,
MEETING ROOM 2**

Statistics tell us that 1 in 4 people have experienced a trauma in their life. Whether you experienced the pain of abuse as a child, found spiritual manipulation as a young adult, or are experiencing repercussions of these events currently, you'll find community & healing here.

Mending the Soul is a safe space for identifying and processing trauma and abuse. Following along with a Christian, therapeutic curriculum, we'll find healing, create safety & support in our stories, and find intimacy with God along the way.**

**Because of the intimate and at times triggering content of this curriculum, all participants will talk with the leader of the group prior to joining. You can expect to receive an email as soon as you complete sign up to schedule a time. This helps ensure that Mending The Soul will be a positive next step on your healing journey. We also ask that you are currently doing, or have recently done, therapeutic work surrounding your abuse or trauma to join this group.

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MENDING THE SOUL FOR WOMEN

START DATE: TUESDAY, FEBRUARY 15TH FROM 7 - 8:30PM

DURATION: 10 WEEKS

LEADER(S): COURTNEY KALOUS

**LOCATION: HOUSE OF HOPE AT SOUL CITY CHURCH,
MEETING ROOM 2**

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STORY GROUP

START DATE: TUESDAY, FEBRUARY 15TH, 7 - 8:30PM

DURATION: 10 WEEKS

LEADER(S): MARK & MICHELLE HOLLINGSWORTH

LOCATION: SOUL CITY CHURCH, ROOM 101

Story Groups, created by therapist and teacher Dan Allender, are a safe and interactive space where you share and are heard; a place where your story is engaged with both courage and kindness.

Each group member writes a story of tragedy, harm, abuse, or pain and reads the story to the group on their chosen week. Story Groups are based on three key ideas. First, we often have difficulty naming and reading parts of our story without the kind pursuit of others to help us name what is true. It is often both surprising and freeing to see how others react to aspects of your story that you may have potentially minimized. We need others.

Second, we can gain a better understanding of dynamics at play in our daily life by telling and engaging one particular story rather than talking in generalities about our overarching life story.

The third idea is that hearing the stories of others and observing how those stories are heard by others, can shed significant light and awaken parts of your own story. It is common for parts of our stories to overlap in some way. A lot happens in your heart and body when you engage in another's story.

This group is co-ed, confidential, and asks members to read the book, *To Be Told*, by Dan Allender prior to attending.

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WOMEN'S TRAUMA AND ABUSE GROUP

START DATE: THURSDAY, FEBRUARY 17TH FROM 6 - 7PM

**LEADER(S): THERAPIST CHRISTI CHATMAN &
THERAPIST INTERN KATHRYN COUGHLIN**

**LOCATION: HOUSE OF HOPE AT SOUL CITY CHURCH,
MEETING ROOM 1**

If you have been a victim of trauma or abuse, you know that moving forward and finding healing can feel unpredictable and lonely. Overcoming the past and moving forward takes time, community, and resources. Led by two therapists, our Women's Trauma & Abuse Group is a safe space for you to find the healing you deserve.

As a supportive & therapeutic space, Women's Trauma & Abuse Group creates room for you to share and process both current and past wounds. With the freedom to show up one week or every week, and to share or stay silent, this group offers flexibility and space for you to decide what's right in your healing journey.

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Reawaken Groups

Maybe today you're feeling a bit asleep to what's next. Maybe you keep making the same choices when you want to make different ones.

A life of sobriety means staying awake and connected to both our pain and our purpose.

Reawaken Groups create room for you to stay awake and sober with others who are on the same journey. Reawakening to what's most important to you isn't easy but it's full of beauty when you do it together. Walk alongside each other in one of our Reawaken Groups.



ALCOHOLICS ANONYMOUS

MONDAYS, FEBRUARY 14TH FROM 6 - 7PM
LOCATION: SOUL CITY CHURCH, ROOM 101

AA is a group of people who gather together to talk through their complex relationship with alcohol. Anyone is welcome in this co-ed group and membership is available to anyone seeking to change their relationship with alcohol.

No sign up is necessary to attend AA. However, if you would like a weekly reminder about AA this season, we invite you to register here.

[SIGN UP HERE](#)





If you have any questions about joining a House of Hope group or other House of Hope programs, don't hesitate to contact us at houseofhope@soulcitychurch.com.