

WHY JOIN A FAITH BASED GROUP?

Life can feel overwhelming when balancing family, relationships, work responsibilities, personal challenges, and spiritual growth. Many women find themselves carrying burdens alone while trying to stay strong for everyone else.

This group provides a safe and supportive environment where women can connect with others, gain practical tools for navigating life's challenges, and strengthen their relationship with themselves and others through meaningful discussion and encouragement.

Together we explore how personal values can provide guidance, comfort, and resilience during both everyday stress and major life transitions.

PRESENTED BY *Tracey Thomas*
SOLUTIONIST COUNSELING SERVICES

9033 Glades Road, Suite D
Boca Raton, FL 33434

561-406-0636

www.solutionistcounseling.com



*Scan to Learn More
or Register Today!*



TOPICS WE MAY EXPLORE

- ✿ Navigating Difficult Seasons
- ♥ Managing Stress and Anxiety
- ✓ Building Healthy Boundaries
- 💬 Communication and Relationships
- ★ Finding Purpose and Meaning
- ♥ Self Worth and Personal Growth
- 🌸 Emotional Well-being
- 🏠 Parenting and Family Challenges
- 🌱 Life Transitions and Change
- 🏔 Building Resilience
- 📖 Mindfulness and Self Awareness
- 🙏 Reflection and Inner Peace
- ☀ Hope and Positivity

GROUP FORMAT

- 📅 Weekly meetings
- 🗣 Supportive and inclusive environment
- 👥 Small group discussion
- 💖 Encouraging connections
- 📋 Practical life applications
- 👤 Open to women 18+

No matter where you come from or what you believe, hope has the power to bring people together and help us move forward.

Faith Based WOMEN'S GROWTH GROUP

FINDING STRENGTH,
HOPE, AND CONNECTION
TOGETHER



CONNECTION | GROWTH | RESILIENCE | HOPE

A supportive group experience for women seeking encouragement, meaningful relationships, practical life skills, and personal growth.

WHAT MAKES THIS GROUP DIFFERENT?



This is more than a study and
more than a support group.

*It's a place to grow in strength,
hope, and connection—together.*



PARTICIPANTS BENEFIT FROM:



SUPPORTIVE COMMUNITY

Build lasting friendships and
a strong community of support.



MEANINGFUL CONNECTIONS

Real women. Real stories.
Real support.



PRACTICAL WELLNESS STRATEGIES

Practical tools for mental and
emotional wellness you can use
every day.



A WELCOMING AND INCLUSIVE ENVIRONMENT

You can be yourself here.



ENCOURAGEMENT AND PERSONAL GROWTH

Grow in self-awareness and deepen
your relationship with yourself
and others.



GUIDED CONVERSATION AND SHARED EXPERIENCES

Meaningful discussion in a safe,
respectful environment.



OPEN TO WOMEN 18+

A space just for you.



Whether you are facing a challenging season
or simply want to deepen your faith and
personal growth, you are welcome here.

Group Information



LOCATION

Solutionist Counseling Services
9033 Glades Road, Suite D
Boca Raton, FL 33434



MEETING SCHEDULE

Weekly
Day and time will be shared
upon registration.



DURATION

60 Minutes



OPEN TO

Women ages 18+



REGISTRATION

Registration is required
to reserve your spot.

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OR REGISTER TODAY!*



*Take the
next step
in your
journey!*

You Are Not Alone.

YOU ARE WELCOME HERE.



Come as you are. Leave encouraged.
Grow in faith. Build lifelong connections.
Walk in the hope and purpose
God has for you.



*Faith is not about having all the
answers. It is about finding the
courage to take the next step.*

Our Prayer



We pray this group becomes a place
of healing, hope, and transformation
as we support and uplift one another
through faith and love.



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WHERE PEOPLE DEVELOP HEALTHY SOLUTIONS
FOR EVERYDAY LIVING.



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