



Spiritual Support Group at Seven Sorrows BVM

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Do you struggle with life's difficult moments?

Do you or a loved one live with mental illness?

Want to experience God's Grace?

Then this is for you !



What is a Spiritual Support Group ?

A Spiritual Support Group offers participants a chance to walk with others as they experience God.

This group is intended to support those living with mental illness, their family and friends. It also includes those who struggle with the mental strain of life's difficult moments. These include but are not limited to divorce, grief/loss, illness, and family discord. Although momentary upheaval may differ from Mental Illness, we can all benefit from the healing grace of our Lord; learning where to find Him in the darkest moments of our lives.

This will be done in a safe, confidential, and non-judgmental environment.

This is not "group therapy" but a ministry where members look to support others during their time of need and seek to grow spiritually in their relationship with God.



Every miracle in the Bible,
first started as a problem.



You are not alone

*"We are not the sum of our
weaknesses and failures, we are the
sum of the Father's love for us and
our real capacity to become the
image of
His Son Jesus." -
St Pope John Paul II*

Once you
choose
HOPE
anything
is possible.