

## Bible based help for wounded hearts

We are pleased to offer you an opportunity to go on a journey of healing. This course will run over 4 weeks; 4 sessions online, concluding with a full day onsite for UK participants. The fee will be **£130** (all inclusive, except transportation). Payment can be made in instalments, but all must be received by Thursday 30<sup>th</sup> October 2025. Deposit of **£50** is required to book your place. You are required to attend all session to benefit from this programme.

Included in the fee is:

- ✚ 4 **Thursday** Evening sessions online – On Zoom
- ✚ 1 Fully day onsite\*
- ✚ Course Material (by post and onsite)
- ✚ Structured follow up support

**\* Saturday 9<sup>th</sup> November 2025, venue to be confirmed**

- ✓ Coffee/tea and Pastries.
- ✓ 2 Course Dinner followed by coffee/tea and mints.
- ✓ Overnight accommodation (At an additional cost if required)
- ✓ Mid-morning and Mid-afternoon coffee/tea and Biscuits
- ✓ Light Lunch

**Call: 07738 233351 Tel: 0208 087 1926**

**To Book:**

Email: [admin@my2ndchance.co.uk](mailto:admin@my2ndchance.co.uk)  
Website: [www.my2ndchance.co.uk](http://www.my2ndchance.co.uk)

**The Lord is close to the  
brokenhearted  
and saves those who  
are crushed in spirit.**

*Psalm 34:18 NIV*

# Navigating Trauma

## Group #8



**9<sup>th</sup> October 2025 – 9<sup>th</sup> November 2025**  
**Ghana online from M2C Resource Centre,**  
**including in-person Session.**

**Melanie Hamilton**  
**Director, My 2<sup>nd</sup> Chance**



**Navigating  
Trauma**



# NAVIGATING TRAUMA

Is a Bible-based programme that leads people through trauma towards a place of peace.

Navigating Trauma isn't a quick fix, and we don't say it will heal all wounds. But working through the programme with others can help to build resilience and give participants the tools they need to live full and rich lives again.

The Navigating Trauma programme uses an emotional/spiritual understanding of trauma as a lasting '*wound of the heart*'



## Trigger

A trigger is anything that sets you off emotionally and activates memories of your trauma. It's particular to you and what your experience has been.

Triggered, we revert to the feelings and behaviors we had in the traumatizing situation

- Healing from trauma: A survivor's guide to understanding your symptoms and reclaiming your life.

[facebook.com/TraumaAndDislocation](https://facebook.com/TraumaAndDislocation)

## THE PROGRAMME

The programme is not a replacement for professional help. Instead, it is designed for communities or individuals with heart wounds that have a lasting effect on their lives. The programme uses Scripture to help people who've experienced trauma to reflect on what they've suffered. As they enter the world of the Bible, they find their own stories there too. Sharing their insights and responses leads to deep encounters with one another and with God.

Trauma doesn't just go away over a set period of time. Sometimes, it can have a long-lasting effect on our relationship with God, our friends and our family.

Topic: Navigating Trauma #8  
occurrence(s) ONLINE

October 9<sup>th</sup>, 2025 - 07:30 PM  
October 16<sup>th</sup>, 2025 - 07:30 PM  
October 23<sup>rd</sup>, 2025 - 07:30 PM  
October 30<sup>th</sup>, 2025 - 07:30 PM

Join Zoom Meeting

Meeting ID: 840 6613 9201  
Passcode: 061125

## THE TEAM

My 2<sup>nd</sup> Chance have facilitators trained in this incredible life changing programme, ready to walk beside you. We will also have a Facilitator in training with us on this programme.

### My 2<sup>nd</sup> Chance Navigating Trauma Team



**Mel**  
Advance Facilitator



**Ann**  
Facilitator



**Joan**  
Facilitator



**Nicole**  
Facilitator

## THE PROGRAMME

Each lesson starts with a story. The story leads into an interactive session around loss or grief. To aid discussion, there are stories from Scripture, illustrative examples, creative exercises and personal reflections. Weeks 1- 4 will be online (Zoom). Then the final sessions will be in-person.

## THE JOURNEY

### 01. What is a wound of the heart?

Identify our heart wounds. It is invisible but shows up in the person's behaviour.

Thursday 9<sup>th</sup> October 2025 @ 7.30pm – 9.30pm

### 02. What can help our heart wounds heal?

How can talking about our pain help us heal? How can good listening help the healing process.

Thursday 16<sup>th</sup> October 2025 @ 7.30pm – 9.30pm

### 03. What happens when someone is grieving?

Recognise the different stages of grief. How to respond well to the grieving process in our lives and of others. Lamentation.

Thursday 23<sup>rd</sup> October 2025 @ 7.30pm – 9.30pm

### 04. If God loves us, why do we Suffer?

How did evil and suffering come into the world, according to the Bible. Identify the difference between cultural beliefs and teaching about God.

Thursday 30<sup>th</sup> October 2025 @ 7.30pm – 9.30pm

### 05. How can we forgive others?

What is forgiveness? How to forgive others – the process. Why we need to forgive others. Identify who we need forgive.

### 06. Bringing our pain to the Cross

How can we live as Christians in the midst of conflict. Laying it all down. Looking back and looking forward. Communion

**IN-PERSON in Brockley Baptist Church:  
Saturday 9<sup>th</sup> November 2025  
10.00am – 4.00pm**