

Emotional BALANCE in an Upside Down World

Our lives are so busy, families have varying demands, and the stress of work and even our social lives can leave things feeling topsy-turvy and overwhelming!

Have you ever struggled with anxiety, fear, worry, depression, or something more challenging?

Have you ever questioned what causes it, if God is working in your life?

How is all of this affecting your spiritual life?

Our speakers will address these concerns, while giving us insight and practical tools to establish emotional balance so that we can *live free in Christ Jesus!*

Presenters:

Johnnette Williams Father Hans Chamorro Dr. Robert Enright Vivian Akel, LCSW Gary Zimak

Music with Living Praise Worship Team!



Daily Mass * Presentations * Prayer Time * Confession * Saturday Evening Healing Service * Fellowship

Retreat Location:



315 S Warren Ave Malvern, PA 19355 * 610-644-0400
www.malvernretreat.com

For more info, schedules & to register:

Scan the QR Code ---->>
Visit: womenofgrace.com/events
Call: 800-558-5452
Email: info@womenofgrace.com



\$305 includes 2 overnights, registration & 5 meals

Come Early!



Benedicta Enrichment Seminar
Thursday - Friday, July 23 - 24

Understanding Forgiveness

Seminars led by,
Dr. Robert Enright

(separate pricing applies)

Bring Your Daughter!



Young Women of Grace® Retreat Day
Saturday, July 25, 10am - 5pm

Be Virtuous! Be Hopeful! Be Happy!

Fun Activities * Inspiring Speakers
Discussion * Prayer * Fellowship

Registration includes materials and lunch!