

BRAVE ENOUGH

Quarterly Email Newsletter

Fall Season



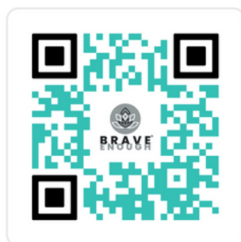
EMPOWERING LEADERS – EXPANDING THE KINGDOM

Starting Fall 2025, you can be certified as a trained Brave Enough Leader. To be certified you must complete both basic and advanced trainings. We will also be offering various trainings to certified leaders through AACC & Hope for the Heart in the Spring 2025.

- Basic Leadership Training - Sept 6th
- Advanced Leadership Training - Nov 8th
- To register or for more Info scan the QR code



Training Link



Ambassadors

WE ARE EXPANDING IN 2025 BRAVE ENOUGH PARTNERS

We currently have Brave Enough Groups at these churches/organizations, with many groups starting this Fall:

- We Are Calvary (CCC), Sumner, WA
- Real Life Church (RLC), Covington, WA
- Hope Church, Tacoma, WA
- 116Church, Bellevue, WA
- Turning Point, Spokane, WA
- Oxford House/Renton & Auburn
- Women's Recovery Center, Missouri
- Various Individuals with Friend Groups
- Brave Enough Zoom Groups



VOLUNTEER AS AN AMBASSADOR OR BRAVE ENOUGH TEAM SUPPORT MEMBER!

Brave Enough is growing and we are in need of volunteers that will help with social media, blogs, newsletters, administration, and more. Also, some of you have a passion to have Brave Enough at your church or at other churches you have previously called home. If either of these areas sounds like you, attending the Ambassador's monthly meeting is your next step. Scan the QR code and join us!

BRAVE ENOUGH ZOOM MONTHLY INFO GATHERINGS

If you have a friend that is uncertain about Brave Enough, or you have a friend who would like to go through Brave Enough but there isn't a group meeting at their church or organization, these informational Zoom gatherings are for them.

Mary Armstrong will be leading these Zooms and we will do our best to help get every individual plugged into an existing church group or a Brave Enough Zoom group. Scan the QR code to RSVP or to get more information.



Info Zoom

12 COMPONENTS OF HEALTHY RELATIONSHIPS!

Are you struggling with your closest relationships? Would you like to deepen your understanding of **how to apply the Karpman Drama Triangle**; thus, strengthen these relationships? If so, join Mary Armstrong for the 12 Components of a Healthy Relationship - a **4 Week Zoom Class** held during the lunch hour. **Cost is \$40.00** Scan the QR code to get more info & to register.



4 WEEK CLASS/DRAMA TRIANGLE

OVER ZOOM:

WEEK 1: SEPTEMBER 10TH @ 12:00 PM
SCAN QR FOR DATES AND TO REGISTER!

STAY OFF THE TRIANGLE

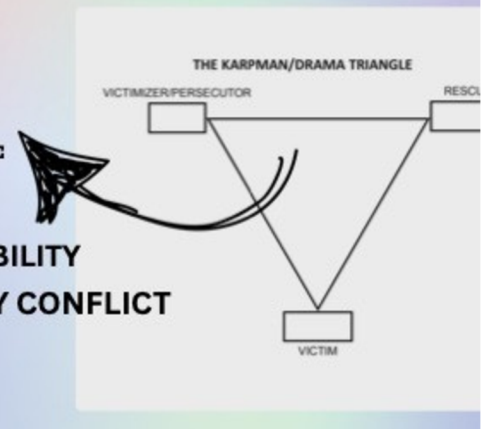
#8 - SUPPORT

#9 - RESPONSIBILITY

#10 - HEALTHY CONFLICT

#11 - SAFETY

#12 - FUN



LEAVE THE DRAMA BEHIND!

Why should we leave the drama of unhealthy relationships behind us? Why should you attend this 4 week class?

Dozens of studies have shown that people who have satisfying relationships with family, friends, and their community are happier, have fewer health problems and live longer. The cost of the 4 week class includes:

- A Better Understanding of the Karpman Drama Triangle
- Handouts and Weekly Notes/Resources
- Active Listening Activities for Your Family
- Feelings Matter Family Activities



BRAVE ENOUGH COACHING SESSIONS

Are you in a Brave Enough 20 Week Group or have you completed a 20 Week Group and you want to focus on walking out what you have learned?

Consider booking a 50 minute weekly session with Mary Armstrong. Sessions cost \$75.00 and you can expect to receive honest feedback and support to help you get the most out of your Brave Enough group experience or additional support as you continue to walk out the spiritual practices while personalizing every Brave Enough tool.



BRAVE ENOUGH GROUP COUNSELING

Feeling like you need to find a counselor or have you ever considered group counseling while completing the 20 Week Brave Enough curriculum?

Consider joining Mary's Fall **Brave Enough 20 week counseling group**. These groups are no larger than 6 to 8 individuals and meet on **Thursday mornings at 9:00 am beginning September 11th**. In addition to the group meeting, each individual has 4 one on one sessions, and receives additional tools such as the family genogram and attachment styles assessment. The cost is **\$50.00 per week and includes** the *Brave Enough to Risk Change, to Live Free* Workbook/teaching videos, journal, flipbook, and tote bag.

FREEBIES

SCAN THE QR and ACCESS SEVERAL FREE DOWNLOADABLE ACTIVITIES FOR YOU AND YOUR CHILD, GRANDCHILD, OR LITTLE PERSON IN YOUR LIFE, PLUS AN ARTICLE ABOUT EPIGENETICS !

