

Newsletter

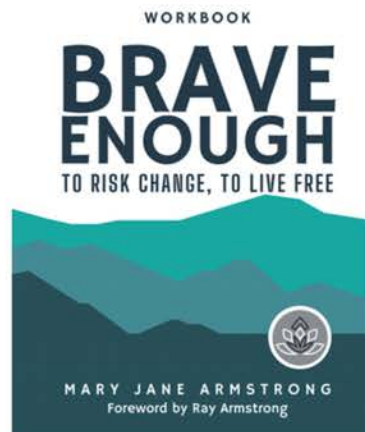
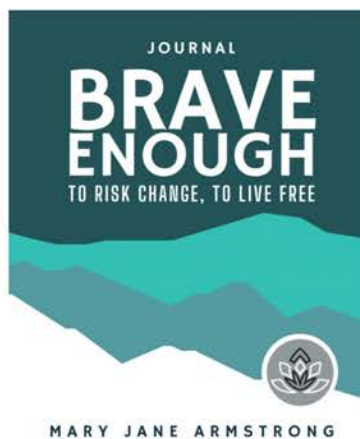


BRAVE ENOUGH

TO RISK CHANGE, TO LIVE FREE

What's New!

We are so excited to announce that our second edition workbooks, journals, leader guide and flipbooks are being launched in groups this coming October! We have a new cover and the content has been professionally edited and alignment between the workbook and the journal allows for a smooth, clear communication between the two resources.



Finished Brave Enough, now what?

If you have already completed Brave Enough, you have two options this Fall. First, you can purchase the new journal and use it daily as a Brave Enough tune up! OR, second, you may purchase the journal and the workbook, invite three or four friends to join you and go through it again. We have tools and a leadership community to support you along the way!

Form a group and join our Leaders Community!

Fall brings new routines, pumpkin spice lattes, and new Bible study opportunities! So, if you have completed Brave Enough, we have a Fall challenge for you!

We challenge you to form a group and lead them through the new Brave Enough to Risk Change, to Live Free trauma-informed Bible curriculum!

If this idea is tugging at your heart, we have a leadership community, led by Mary Armstrong, waiting for you. Yes, you can successfully do it!

What can you expect?

- Training by Mary Armstrong,
- a Brave Enough Leader Community for support and training.
- a monthly Zoom leader gathering,
- and an invitation to our Brave Enough Retreat at the end of October!

If you would like to explore the idea with Mary, send her an email at mary@braveenoughtochange.com



a healing and transformational
Spirit led movement is happening



FIND REST, RENEW FAITH,
STRENGTHEN RELATIONSHIPS

Falls Creek Retreat Center

Women's Brave Enough Fall Retreat

When: October 25th through October 27th
Cost: \$178.00

2 Nights - 5 Meals - 2 people to a room
Small and Intimate, Garden Spot focus with
Mary Armstrong, Lisa Fischer, Debbie Lind, and
Olivia Fluger as our speakers.

To register click this link, [Member Resources](#) or
email Mary at
mary@braveenoughtochange.com

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<https://BraveEnoughtoChange.as.me/RELATIONSHIPS>

Social connections not only give us pleasure, but they also influence our long-term health in ways every bit as powerful as adequate sleep, a good diet, and not smoking. 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.

12 COMPONENTS OF HEALTHY RELATIONSHIPS

a 4 week class starting 10/29 - \$40
Click the link to register