



BRAVE ENOUGH

Healed, Freed, Living Abundantly

“Mary will touch your heart and move people to action to bring about the life change we all need!

Mike Newman, Leadership Development Consultant

MARY ARMSTRONG

Author | Speaker | Counselor | Pastor



Signature Topics

Processing Pain: Which Road Will You Travel

In this workshop Mary will present two roads people will travel when facing pain. The road most often traveled medicates the pain versus the road that is least travel that leads people into a season of acknowledging, feeling, and processing their pain. Biblically based, discussions will also focus on how pain and suffering either draws people closer to God or pulls them away.

Transformative Community: Discovering Emotional, Spiritual, and Mental Wellbeing

While varying in degrees, 25 percent of people worldwide are at risk for a wide range of physical and mental health conditions due to loneliness. Whether presented as a topic or a workshop, Mary will address the importance of building strong, biblically based, transformative communities, small groups, where ministry includes a holistic approach to caring for people while recognizing loneliness is more common than people realize.

Hello, I'm Mary Armstrong

I bring theory, practice, and personal experience together in warm-hearted, transformational sessions.

- BA in organizational leadership
- MA in pastoral counseling
- Board certified Christian counselor
- Life and Trauma-Informed Coach
- Member of the Board of Christian Professional and Pastoral Counselors(BCPPC) and
- The American Association of Christian Counselors
- Pastor at Calvary Community Church in Sumner, WA
- Author and speaker

Contact and More Information

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[mary-jane-armstrong](https://www.linkedin.com/in/mary-jane-armstrong)

Workbook

Journal

Memoir

Storybook



Make Healing a Reality

Experience healing from childhood trauma and freedom from the lies that have formed unhealthy behaviors in your life. This transformative workbook is a small group initiative by Mary Armstrong birthed out of her own healing experience. Brave Enough to Change is a spiritual formation toolkit to help participants heal as they learn to daily walk in the Spirit. Designed for a group experience, ten lessons over twenty weeks will help individuals identify default behaviors formed around lies that built a false belief system about themselves, others, and God, and facilitate healing from the trauma, freedom from the lies, and introduce the blessings of walking in truth.

Healed, Freed, Living Abundantly is for everyone!



- Healthy Relationships: Free of the Drama Triangle
- Breaking Free from Unprocessed Childhood Lies
- Learning to Walk in Your True Identity
- Building Stronger Families (a 6 Week Workshop)
- Breaking Trauma Bonds
- Leading from the Inside Out

I can also customize the speaking experience for your specific event.



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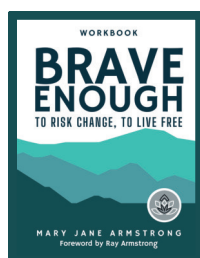
God gave the world an extra special gift when He knit Mary Armstrong together. Through her book, “Brave Enough” Mary presents a clear but gentle pathway toward healing. She is transparent about her broken past, shares tools and techniques that combine God’s truth with proven behavioral health strategies and offers light and encouragement to move the reader forward. This is not an easy journey but when we are “Brave Enough” to examine our past, God is faithful to exchange “ashes” for beauty. Mary’s work has deeply transformed my life and I use many of her strategies within my own Clinic.

-Mary Baker

Co-Owner of HorizonView Health, Puyallup WA
Educator, Certified Health Coach, Director of Marketing



Authored Books



Books may be purchased through Redemption Press, Amazon, and the Brave Enough Website,