

TRANSPLANTED through Christ



Women's Retreat Saturday, April 20

Sometimes God will uproot us because the place we are planted is stunting our growth. This retreat focuses on discerning God's calling for your life and ways to keep moving towards the best version of yourself. You will learn practical and empowering tips to persevere through anxiety and depression in a fun and invigorating session.

Time: 6-9 PM

Location: St. John Parish Hall
25743 State Rte 1
Dover, IN 47022

Cost: \$30 - Includes meal, wine, potted plant

RSVP: By April 10 <http://tinyurl.com/yckb2cp8>

Katie Beers is a graduate of the University of Notre Dame and has worked with several Catholic organizations to help spread the message of the gospel. She spends most of her time with her husband and two children and works part time as a project manager. Katie loves speaking to and working with women in their faith journeys, especially addressing anxiety and doubt and helping women grow in trust in the Lord.



Sara Graf has been an occupational therapist for 24 years and specializes in treating individuals with anxiety and depression. She developed the "So What" model to teach individuals how to process through stress. She enjoys empowering women to become the person God designed them to be.



QUESTIONS: CALL 812-576-4302