



**Start owning your path to a new life today!**

**Make personal goals and receive encouragement and help to achieve them.**

#### PROGRAM VISION

At Sparrow, we believe that in order to be healthy, we need to become healthy in 4 main areas to thrive in life:

**PHYSICAL:** This includes financial well being as well as healthy living habits

**EMOTIONAL:** We need healing in our hearts and emotions to be whole

**RELATIONAL:** We need healthy habits and tools for great relationships as well as healing for the ways relationships have hurt us.

**SPIRITUAL:** We all need to find peace with God in order to be truly healthy.

#### TYPICAL WEEKLY SCHEDULE

##### MONDAYS:

2 hour mentoring sessions in late afternoon, often 4-6 pm

Neighborhood Potluck: monthly on 4<sup>th</sup> Mon @ 6:15 pm

##### THURSDAYS:

Group Meetings 6:15-8:15 pm (@ office)  
Monthly dinners on 2nd Thurs. before the group meeting (often at 5:30 pm)

Schedule is subject to change depending on the need.

# SPARROW MINISTRIES

## PROGRAM

### *Details*

#### 2 HR MENTORING SESSIONS INCLUDE

##### PEER SUPPORT MEETINGS:

You will work toward practical goals you personally decide to accomplish. These meetings will be work sessions and practical help toward achieving your goals. Help will be provided in mentoring as well as online classes aimed to give you new skills you need for advancing in life.

##### COUNSELING MEETINGS:

1. Choose a heart healing book to discuss (Change Book, Mending the Soul, Called to Peace or Combat Trauma)
2. Choose a traditional counseling session
3. Choose an Immanuel Prayer session
4. Choose a combination of the above

##### FINANCE COACHING MEETINGS:

Finance coaching will focus on giving you skills you need to thrive financially. You will meet one on one with a mentor to learn financial principles, biblical principles regarding money and make practical steps toward helping you have a better financial outlook into your future.

These weekly mentoring sessions will be planned to meet your specific needs and goals.

#### THURSDAY EVENING GROUP MEETINGS

Group meetings are small groups comprised of a 4-6 individuals aimed at providing practical group instruction as well as a space to share your healing journey with others.

Group meetings will be created to address the needs of the present group, but these times often include:

**Check In:** Space to share new developments in their life that week or discouraging things they are dealing with.

**Spiritual Encouragement:** Usually a 10-15 minute Bible discussion or devotional

**Practical Skill Development:** Often includes instruction and discussion on how to have healthy relationships, maintain healthy boundaries and parenting skills.

**Healing Group Sharing:** This time is a space for the group to share how their healing journey is going, what they're learning and receive encouragement & prayer over their specific circumstances.