

Sound Christian Counseling, Inc.

**Sound
Counsel**

Women's Groups Coming this Fall

When Your Emotions Rule

Having been a woman for all of my life I am well acquainted with the emotional ups and downs of womanhood. My emotions can go from 0 to 60 in less than 20 seconds and I'm sure some of you can beat that record.

Do your emotions frighten you at times because of their power? Are you bothered by guilt and/or do you find yourself making excuses for your latest outburst? Do your husband and children have to walk on eggshells wondering when the next eruption of Mt. Saint _____(you fill in the blank) will be?

As Christian women we are called to be filled with the fruit of the spirit: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. These fruits can be evident in your life as you confess your faults one to another, and pray one for another, that you may be healed. (James 5:1)

I would like to invite you to join a small group of 6 to 8 like-minded women who are ready to confess that their emotions are ruling (and

**Thank you for
keeping us in
mind.**

**For an
Appointment:
(206)
762-3007**

Sound Christian Counseling, Inc.

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ruining) their lives. This 6-week group will allow you to share openly and honestly with women who are experiencing similar challenges and will provide you with some practical tools to help you grow and change the way you respond to life.

Group 1: Oct 13 - Nov 17 Thurs.
6:00pm-7:15pm

Group 2: Oct 15 - Nov 19 Sat.
10:00am -11:15am

Cost: \$40.00/session **Ages:** 25 and up. Call 206-762-3007 to register by 9/1 to ensure your place. *Veronica Rasmussen MSW LICSW*