

CHRIST CHURCH

WELLNESS MINISTRY

If you're looking to improve your emotional, mental, spiritual, relational and physical wellness, Christ Church's Wellness Ministry is here for you! We have offerings spanning different needs and age groups. We hope you'll find something that's right for you!

Monday Morning Moms

Every Monday (follows CCEP calendar) · 9-10 AM · Parish House, Room 251

If you're looking for support, insight and encouragement, bring your coffee and join fellow moms as they start the week praying together, exploring relevant scripture and sharing parenting successes and struggles.

New Group: Monday Meditation

Every Monday · 12-12:15 PM · Parish House Room 217

Feeling stressed or overwhelmed? Rejuvenate your mind with our Monday meditation session! Perfect for busy schedules, our group meets to practice mindfulness and relaxation techniques that will help you begin your week feeling refreshed and focused. Let's find peace together, one breath at a time! No RSVP needed.

Healing Tuesdays: Grief Support Group

1st & 3rd Tuesday of the month · 3:30-4:30PM · Thomas Library

This open group is for those desiring emotional support, comfort and understanding while navigating the loss and bereavement journey. You may also consider joining us at the 5:30 PM Healing Service in Markley Chapel.

Well Words Wednesdays

The first Wednesday of each month, Wellness Coordinator Greta Parkinson shares her wisdom and insight from over 20 years experience in her Well Words Wednesday blog post. Make sure you check it out!

Additional Wellness Opportunities to come!

Be on the lookout for the Wellness Ministry's Topic Talks held throughout the year, covering different aspects of emotional, spiritual and mental wellness. After Lent, there will be presentations for youth and adults scheduled to discuss the physical and relationship aspects of wellness. Finally, we look forward to forming a Health Ministry Team. Stay tuned for details regarding these new wellness initiatives at Christ Church!

For more information about any of the above groups or initiatives, or to be part of the Health Ministry Team, contact [Greta Parkinson](#) at 864.672.4157.