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"I set up my first meeting and signed up for my first book study, *Boundaries*. The women took turns introducing themselves...I was guarded. But, I remember very clearly one woman in particular who was immediately very open about her difficult past and how God had been working in her life. Her openness and vulnerability made me understand that the Eve Center was going to be different...The *Boundaries* book study and the women in it changed my life."



"I am so thankful for the women of the Eve Center, both counselors and participants, for being willing to show their weaknesses and teaching me to do the same. God is at work healing hearts through this Center and I am incredibly thankful to be a part of it."

Our Book Studies provide community and fellowship in a safe and confidential setting, facilitated by our trained Volunteer Peer Counselors.

"We've Been There"

evecenter.org



INTERESTED? CONTACT US!

February 7- March 31, 2022

Online Book Studies via ZOOM

New Clients: Please go to evecenter.org or use the **QR code** click on the Services tab, then Book Studies. To register click the green "Click here to start" button.

Current or Past Clients: email us at studies@evecenter.org or **call/text @ (513) 306-0972**

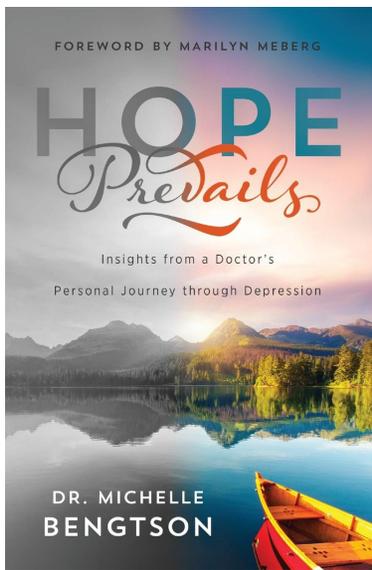
You do **not** need a ZOOM account to participate. Each session is an 8 week commitment. Further information provided upon registration. Suggested \$20 voluntary donation.



*Winter 2022
Online
Book Studies*

February 7 - March 31, 2022





Monday Evenings

6:30 - 8:30 pm

Starting February 7, 2022

Are you or someone you love experiencing depression?

Neuropsychologist, Dr. Michelle Bengtson, wrote *Hope Prevails* to assure you that you are not alone because she has been there too. *"Even as a professional, I wasn't immune to depression. I've gone through it. Unfortunately, when I walked through my own valley of depression, I felt like the whole world was laughing but me. What I most longed for was for someone to come alongside me and say, 'me too.'"*

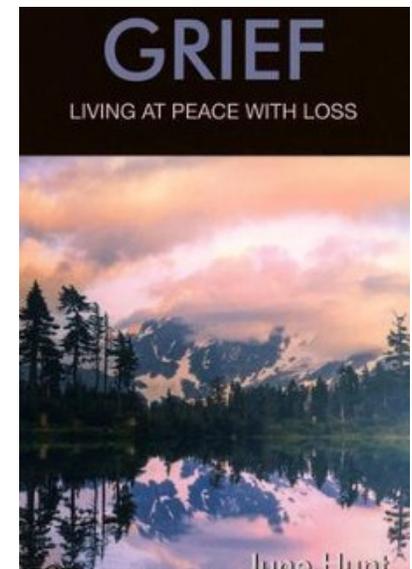
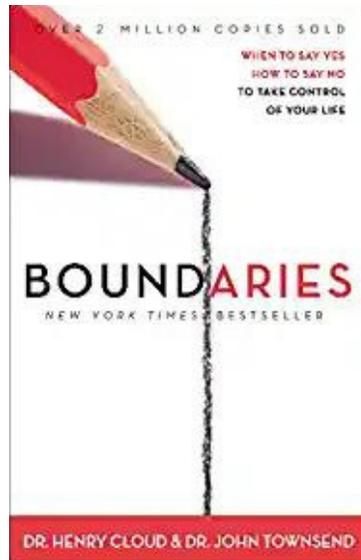
"This book offers tangible help, hope, and healing from someone who has been there and has come out the other side."

Does your life feel like it's out of control? Perhaps you feel like you have to say yes to everyone's requests. Do you feel bad saying "no"? Maybe you find yourself readily taking responsibility for others' feelings and problems. Or perhaps you focus so much on being loving and unselfish that you've forgotten your own limits and limitations. Or maybe it's all of the above. In *Boundaries*, Drs. Henry Cloud and John Townsend help you learn when to say yes and know how to say "no" in order to take control of your life and set healthy, biblical boundaries.

Tuesday Evenings

6:30 - 8:30 pm

Starting February 8, 2022



Wednesday Evenings

6:30 - 8:30 pm

Starting February 9, 2022

Living at peace with loss. Are you coping with the loss of a loved one or any type of loss? How do you cope when the loss leaves you feeling empty, angry, or alone? Healing is a journey, and while there are no shortcuts through the process of grief,

God promises not to leave you in the valley of despair. This book will help you determine what may have caused grief in your life and help you on the steps to recovery. Learn what "grief work" is and how it can help you commit to working through the grief and the stress that goes along with it. Experience God's peace for today and His hope for a vibrant, happy tomorrow.