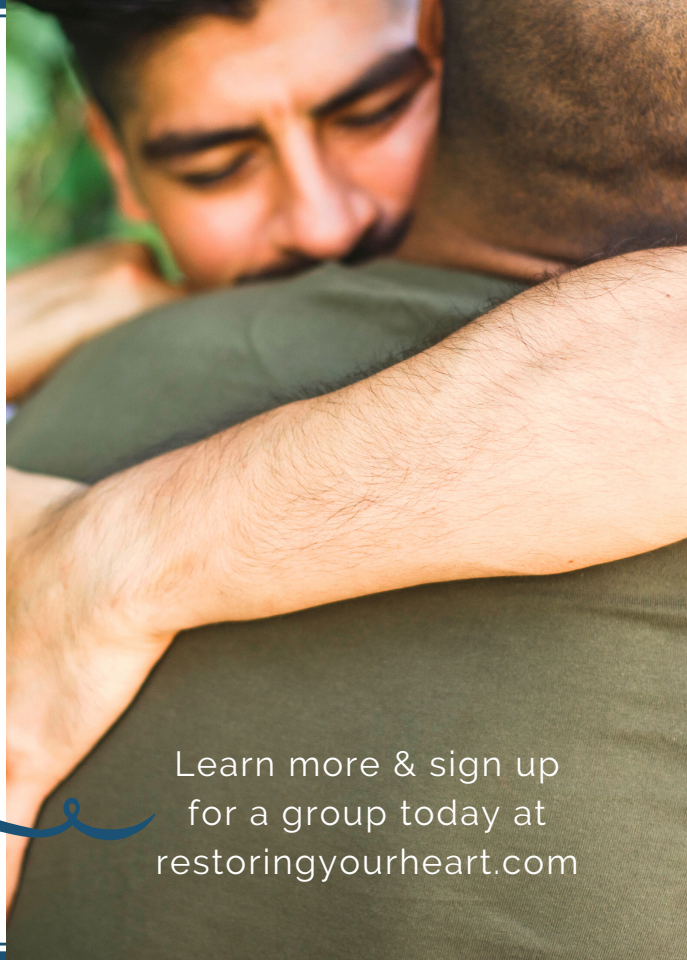




## What is Restoring Your Heart?

RYH is a series of gender-specific confidential small groups. It enables people to explore their past pain, identify unhealthy emotional and relational patterns, grieve their losses, and forgive those who have hurt them. Groups are available for both men and women.

Contact RYH at [ryh@disciplebuilding.org](mailto:ryh@disciplebuilding.org)



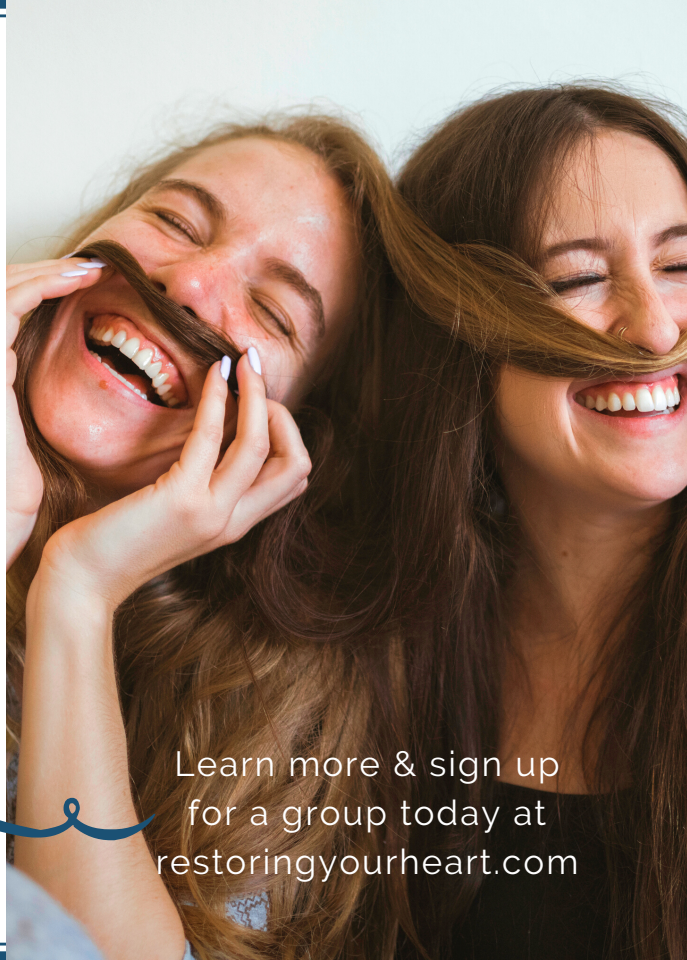
Learn more & sign up  
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## Are You Struggling With Unprocessed Pain?

Freedom from emotional darkness is within reach. Restoring Your Heart helps people heal emotionally and relationally through safe small groups.



RESTORING  
YOUR HEART

