



THE HOUSE OF POSSIBILITY
"WHERE GOD'S DREAMS COME TRUE"

We Are **ONE** AND THE **SAME**

brought to you by the
**United Women in Faith &
Health & Wellness Ministry**



DATE:
OCTOBER 3, 2026



TIME:
10 AM – 2 PM



LOCATION:
St. Mark UMC
1440 Dorsey Road
Hanover, MD 21076



All are welcome **YOU ARE NOT ALONE.**

THIS WORKSHOP IS FOR YOU.

This half day workshop will provide:

- A safe welcoming environment
- Shared experiences
- Professional speakers
- Practical tools & resources
- Hope, healing & resilience

You will:

- Learn
- Share
- Grow together



SOME OF THE TOPICS WILL INCLUDE:

- Understanding loneliness and its impact on mental health
- Recognizing signs of distress



- Building supportive relations
- Also there will be additional practical tools, resources for hope, healing and resilience.

Come discover that
hope begins with connection
and it starts with you.

**SIGNUP
WILL BE
VIA:**



Emailing
Pat Hamilton
(pah8011@gmail.com)

*You are
not alone.*