
niagara life centre
counselling



Hi Church Families!

Below are the NLC bulletin announcements to share with your congregation.

Thank you for supporting NLC in this way! If you have any questions or comments, or would like additional graphics send me an email

at: communications@niagaralifecentre.ca

May God bless you richly today,

Beth

Save the Date!
Help us raise \$100,000.00



Our Annual Silent Auction & Banquet is an incredible night of encouragement and testimonies of God and His amazing work!

We are excited to be hosting our Annual Fundraising Silent Auction & Banquet on October 25th, 2024 at the Holiday Inn and Suites, St. Catharines. We anticipate a night of celebration as we share all that God is doing through the ministry! This year our goal is to raise \$100,000.00 for mental health!

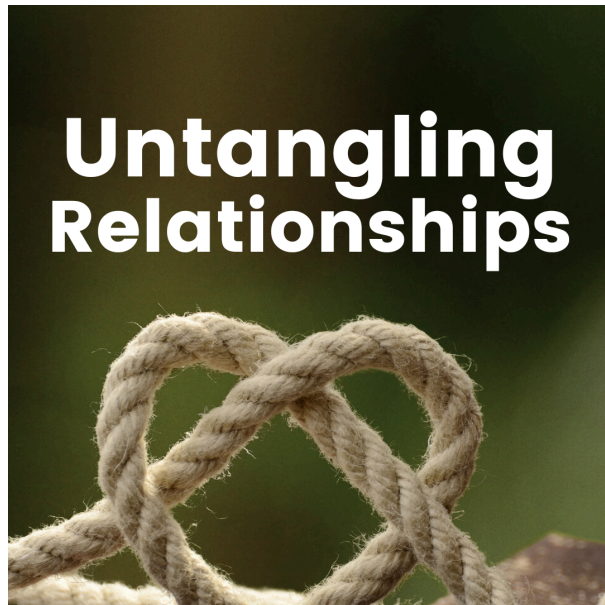
Our theme is “Come and See!” inspired by the words of Psalm 66:5, “Come and see what God has done, what awesome miracles he performs for people!” We want our community to come and experience the impact that God, through NLC ministry work, has had in the hearts and lives of so many people in Niagara.

To register call our office 905-934-0021 or sign up on our website:
<https://niagaralifecentre.ca/events/banquet-2024/>

Doors open and Silent Auction begins at 5:30pm; Dinner will begin at 6:30pm.

Register Here!

Upcoming Fall Programs



Untangling Relationships

[Details & Sign Up Here](#)

Untangling Relationships

**Starting Tuesday, September 10th
12 Week Program (5:45pm-7:15pm)**

Do you struggle to build healthy relationships? Is setting boundaries difficult for you? Join us Tuesdays, starting September 10th from 5:45pm-7:15pm for this 12 week program where we discuss codependency from a Christian perspective. Untangling Relationships will teach you to recognize and redirect the patterns of unhealthy thinking caused by unresolved hurt, fear, or anxiety. To register call our office 905-934-0021 or sign up on our website: <https://niagaralifecentre.ca/untanglingrelationships/>



GRIEVING THE DEATH OF A LOVED ONE?



Find support and healing at Griefshare.

www.griefshare.org
www.niagaralifecentre.ca/griefshare/

[Details & Sign Up Here](#)

GriefShare

**Starting Thursday, September 12th
13 Week Program (6:00pm-7:15pm)**

It hurts to lose someone you love. GriefShare provides a safe place of supportive people who will walk along side you through one of life's most difficult experiences. Join us Thursdays, starting September 12th from 6pm-7:15pm for this 13 week program and move towards rebuilding your life. You don't have to go through the grieving process alone. To register call our office 905-934-0021 or sign up on our website:

<https://niagaralifecentre.ca/griefshare/>



Details & Sign Up Here

Anxiety Interrupted

**Starting Tuesday, September 17th
6 Week Program (1:00pm-2:30pm)**

Does anxiety get in the way of living your everyday life? Does it steal your peace and rob you of enjoying time with others? Anxiety can be experienced differently for all of us but it doesn't have to be in the driver's seat anymore. Join us Tuesdays, starting September 17th from 1pm-2:30pm for this 6 week program as we discover more about anxiety and how we can navigate a hopeful path forward. To register, call our office 905-934-0021 or sign up on our website:
<https://niagaralifecentre.ca/anxiety/>

