

WOMEN'S SMALL GROUP BOOK STUDY

# The Emotionally Healthy Woman

*Eight Things You Have to Quit to Change Your Life*  
with Dianne Mantyka

**Date:** An eight session series over four Monday evenings 6:30 - 9:30 pm.  
• February 6, 13, 20, March 6

## THE EMOTIONALLY HEALTHY WOMAN

- Program written by Geri Scazzero
- **Please purchase and bring with you both the BOOK and accompanying WORKBOOK, The Emotionally Healthy Woman by Geri Scazzero, Zondervan 2014. Contact Queen's House to inquire about any available copies.**

**Time:** 6:30 – 9:30 pm

**Cost:** \$95

### Detail:

#### **February 6**

*(please read chapters 1 & 2 prior to this session)*

SESSION 1: Joy and Freedom as Loved by God vs. Being Afraid of What Others Think

SESSION 2: Speaking Truthfully vs. Lying

#### **February 13**

SESSION 3: Self-Care and Nurture vs. Dying to the Wrong Thing

SESSION 4: Authenticity vs. Denying Anger, Sadness and Fear

#### **February 20**

SESSION 5: Taking Responsibility vs. Blaming

SESSION 6: Honouring our Own Limits vs. Over-functioning

#### **March 6**

SESSION 7: Taking Perspective vs. Faulty Thinking

SESSION 8: Discernment and Prayer vs. Living Someone Else's Life

GOAL: Authentic Love - of God, Self and Others

EACH EVENING INCLUDES watching a DVD presentation, and time for reflection and interaction for each of the evening's two sessions.

For **Geri Scazzero**, the emotionally healthy journey began when she was freed to choose ways of being and relating that were rooted in love and led to life, instead of ways that were damaging to her soul.

In this eight-session video-based study, Geri teaches that, essential to embracing God's Kingdom, is genuine freedom in Christ... moving out of inauthentic and superficial pretending that everything is "fine."

Grounded in Scripture, the workbook is filled with Bible study and personal application that will help you discuss and learn to live out the teaching contained in the corresponding video. If you are ready to prayerfully make the kinds of courageous decisions needed to grow in emotional healthiness, this study is for you.

Geri and her husband Peter are cofounders of Emotionally Healthy Spirituality, and belong to New Life Fellowship Church in New York.

**Facilitator: Dianne Mantyka**

Dianne is a Spiritual Director, Co-director of the Spiritual Direction Formation Program and part of the Programming Team at Queen's House. She holds an M.Div. with a Spiritual Theology concentration from Regent College, has CPE training, and has experience in inner healing prayer ministry and a variety of prayer forms. Her background includes biology, missions, and 19 years in Inter-Varsity campus ministry. As a wife, caregiver, step-mom, Oma, and lover of people and pets, nature and books, learning and empowering, Dianne is dedicated to taking time for retreat, and for growth and renewal as a means to help her encounter and live out Christ's presence in her life. Dianne invites you into a journey of transformation by engaging together in this *The Emotionally Healthy Woman* series.

For more information: [dimantyka@sasktel.net](mailto:dimantyka@sasktel.net) • 306-931-7118

**To register:** Contact Queen's House: Phone: 306-242-1916

Email: [receptionist@queenshouse.org](mailto:receptionist@queenshouse.org)

*We need a minimum number of registrants to offer this program. Please register if you plan on attending. If you are a last-minute participant please call Queen's House to confirm that the program is being offered. Thank you!*