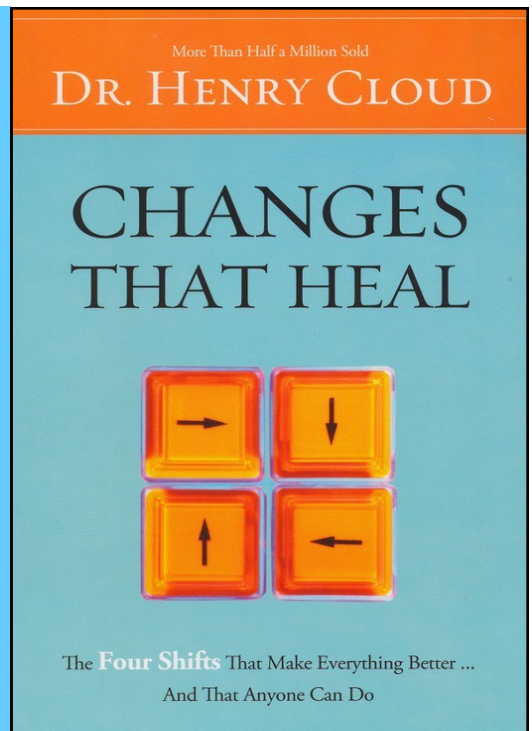


A new short course presented by  
**Whangarei Anglican Care  
Trust**  
**Changes That Heal**



*A Christian course developed by Dr Henry Cloud to take participants through a four-step programme to a happier, healthier you.*

The course addresses ways to:

- Connect more deeply with others to form truly intimate relationships
- Develop healthy independence from those you're connected to
  - Understand the good and bad in yourself and others
  - Grow emotionally and spiritually to fully feel like an adult

This small group will use the Dr Henry Cloud DVD  
and will be facilitated by counsellor

**Joyce Beehre**

**To be held over the five Mondays in March—3rd to 31st  
7.00—9.00pm**

**Cost (including book): \$50.00**

**Venue: Anglican Care Centre  
1b Deveron Street, Whangarei**

**To register: phone 437 6397  
or email [whgcare@xtra.co.nz](mailto:whgcare@xtra.co.nz)**