

Presented by:

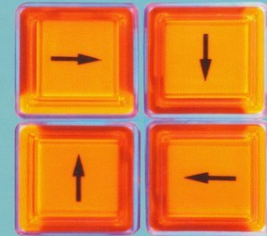


Anglican
Care Centre

Changes That Heal

More Than Half a Million Sold
DR. HENRY CLOUD

CHANGES THAT HEAL



The **Four Shifts** That Make Everything Better ...
And That Anyone Can Do

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 a trained and registered counsellor

1.5 hour session once a week
5 week course

Cost (including book): TBA

Venue: Anglican Care Centre
1 Mill Rd, Regent, Whangarei

To register your interest:
phone 437 6397 or email enquiry@whgcare.org.nz