

“**Healing from the Inside Out...**  
was life changing and eye opening.

**Love addiction:** I knew I had a problem, but had no idea it **was a true disease.**

I am and have been the entire 12 weeks **impressed by the love and support I have felt.**

**I started** standing up for myself...

**I have begun accepting my past.** I have a long way to go, but I am confident that I can get there.

**It's a lot easier** to be happy now. ”



vineyard  
church  
north phoenix

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# HEALING from the INSIDE OUT



## A JOURNEY TOWARD HEALING AND WHOLENESS

A safe place where men and women learn how and why they are affected by the past, and what they can do to change tomorrow.



# HEALING from the INSIDE OUT

## EMOTIONAL QUIZ



Do you ever feel  
isolated or alone? **1**

Do you experience  
compulsive or  
addictive behaviors? **2**

Do you have  
difficulty dealing  
with grief or trauma? **3**

Do you struggle  
with "NO"? **4**

Do you often  
experience  
anger or  
resentment? **5**

Have you ever  
experienced  
abuse? **6**

If you answered  
"yes" to any of these  
questions, this class  
may be for you.

**In the safety of this group,**  
we will meet to discuss the sometimes painful  
issues of the past that affect us today. In this  
atmosphere of caring and sharing, we are able  
to allow God to touch the wounded areas  
of our lives to bring healing and wholeness.  
Some of the topics we will discuss are...

**The family system**

**Family roles**

**Effects of childhood trauma**

**Unhealthy relationships**

**The cycle of abuse**

**Shame and guilt**

**Understanding anger**

**Forgiveness**

**Breaking the cycle for the  
next generation**

Healing From the Inside Out is a 12-week  
course with about 2 ½ hours of homework per  
week. The men's and women's small groups  
allow for discussion of the weekly teaching,  
homework, and discoveries made on this  
healing journey. The number of participants  
is limited so be sure to get your registration in  
soon.

## CLASS BEGINS

**Dates to be determined**  
**6:30 PM | VCNP Glendale Campus**

**Contact:** Veronica at  
veronicahfio.vineyard@gmail.com

## I'M INTERESTED IN THIS CLASS!

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Home church affiliation? \_\_\_\_\_

If someone recommended this class to  
you, who was it? \_\_\_\_\_

- \$15 fee due the first night of the class  
includes all material.
- Payment arrangements can be made.

Return form for more information to the  
Information Center or Administration  
Office.

\*No childcare provided