

Cross Strength Ministries Presents:

## RAISE THE BAR: LIVING WITH STRENGTH AND DIGNITY



### MOTHER & DAUGHTER WORKSHOP

Growing into a Biblical woman is not easy—as adults, some of us still struggle, so how do we grow into the strong and dignified woman that God has declared is our nature? (Proverbs 31:10-31). The good news is that our growth can begin at anytime.

This one-day, intense, and inter-active workshop is designed to help you and your daughter discover who God says you are and give you to the tools to help you get there and stay there.

Topics include:

- ◆ Breaking through distorted thoughts and destructive behaviors
- ◆ Overcoming dating and domestic violence: It's a whole new world out there Mom.
- ◆ Cleansing the Body from the toxins: Destructive relationships—Identifying godly relationships
- ◆ Forgetting what lies behind: Repentance, forgiveness, and grace.
- ◆ Accepting God's grace and His identity for you and your daughter.
- ◆ Growing up Jesus Girls—Live Beloved

*To her, who was not beloved, I  
will call her beloved. Rom. 9:25*

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480-229-2815  
Holly@Redemption3.com  
www.Redemption3.com