



Welcome to Freedom Focus!

The Freedom Focus program helps you to find more freedom in your life.

The program consists of 15 lessons which are designed to help you deal with trauma from your past.

In this course you will learn new things and try practical exercises. There will be a safe space for conversation and you will learn how to tackle problems in creative ways. There will also be lessons we can learn from the Bible and time for prayer.



This course is for you if:



You want to be free from mental pain, fear, depression or addiction.



You want to take steps towards healing in your life.



You want to discover how valuable you are in Gods eyes.

Start

Time

Location

Register with

Phone number