

# Clay County Center for Women's Ministries

314 Lankford St., Clay City, IN 47841

(812) 939-1317

[www.claycountycwm.com](http://www.claycountycwm.com)

Volume I Issue 2 – Summer 2019

## COUNSELING CORNER

### Did you know.....

Feelings DEMAND expression. No matter how well we 'bite our tongue' and push our feelings down, they will come out.

Therefore, we have two options: Either, we learn how to verbally express our feelings in a calm, appropriate, and effective manner...or, we allow our feeling to decide how they want to express themselves! This commonly includes eruptions such as; yelling, hitting, throwing things, self-injury, etc. And, if we get really good at holding feelings in, we can also suffer 'implosions' which can lead to depression or anxiety.

If you suffer from frequent feelings of anger, contact us. Let's see if we can help!

Clay County CWM provides FREE one-on-one peer counseling for women age 13+

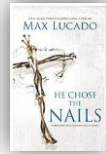
We provide a safe, confidential, non-judgmental environment to help ALL women in all walks of life to live a healthy & happy life.

#### Office Hours:

Tues, Wed, Thurs 10am-4pm

(812) 939-1317

\*Counseling appts available outside of office hours



## BIBLE STUDIES

Join women's Bible study every Tuesday at 10a.m. at CWM. The current study is, "He Chose the Nails," by Max Lucado.



## EVENT

# Miss Understood



Do these thoughts sound familiar?  
Do you feel misunderstood frequently?  
Navigating teenage emotions can be difficult!

**--Teen girls--**  
**Join us for a Saturday morning group session**  
(ages 13+)

**SATURDAY, AUGUST 3, 2019**  
**9AM – 11:30AM**

Being a teenager can be fun...but not always easy! Trying to navigate through emotions, school, relationships, etc., can be difficult. Join us as we meet and discuss some of these topics to help you feel more prepared for your return to school! Geared towards girls ages 13-15, but teenage girls of any age are welcomed! (Must be at least 13.) This is a FREE event!

Please [CLICK HERE TO REGISTER](#) or call us at (812)939-1317.

### VOLUNTEER?

Do you have a deep desire to help hurting women find peace, comfort, joy & victory in their life? Are you searching for a way to serve God and others?

This ministry operates solely by volunteers. If you answered "yes" to the questions above, then you may want to prayerfully consider volunteering for the Clay County Center for Women's Ministries!

Learn more at [CWM Volunteer](#)

### SUPPORT?

Have you heard about the wonderful things CWM has been doing for women and wondering how you might be able to support such a good cause?

First, we ask for your prayers. This ministry relies on God in every way, and prayer is the foundation.

Second, please consider financial support. All counselors and staff are non-paid volunteers. CWM operates solely by donations. This ministry exists only because of the generosity of others. Please consider partnering with us to continue the mission of hope and healing in Clay County!

[Click Here to Donate](#)



....where the Spirit of the Lord is, there is freedom! 2 Corinthians 3:17