



Hope After Hurt is not ...

a church bashing gathering or a place to further criticize what you don't like about church or "Christians". We leave out names of people, churches or details that easily identify the organization or leaders.

We are available for one-on-one sessions for you to discuss the hurt in greater detail if needed.

We comply with the highest levels of confidentiality.

"The LORD will guide you always; he will satisfy your needs in a sun-scorched land and will strengthen your frame. You will be like a well-watered garden, like a spring whose waters never fail." Isaiah 58:11 (NIV)

The Heart of Wellspring

We strive to provide opportunities for quality personal growth and wholeness through counseling, coaching, small groups and training to encourage individual identity, vision and destiny.

Contact Us

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NEXT GROUP BEGINS



900 Mohawk Street #150
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WELLSPRING IS A FAITH-BASED NON-PROFIT.

Sometimes, as Christians, we face disappointments and hurts from the very people we depend on to walk through this life with . . . other Christians.



HOPE AFTER HURT

Brought to you by Wellspring Personal Development

What is Hope After Hurt?

HOPE AFTER HURT is a ministry to individuals who have suffered a deep wound in the church setting, by church leadership, or by a group of Christians.

Our goal is to restore the hurt individual into a thriving relationship with the Lord, and back into fellowship with caring and compassionate Christians. HAH is firmly rooted in Christ and is committed to providing a safe and confidential environment.

HAH is an 11-week journey to walk through the emotions of grief, fear, anger, bitterness, and unforgiveness into the promises of hope, healing, and restoration available in Jesus Christ.

\$140 Session Fee

(includes all books and materials)

Group meets at the Wellspring Office

(address on back of brochure)

The goals of HAH

- Talk about the pain, both emotionally and relationally
- Share how the experience has impacted your relationship with God
- Encourage safe fellowship with other believers
- Transition from bitterness to forgiveness
- Search God's heart about the church
- Look at one's actions and examine areas that need refining
- **Find "God's glory in your story!"**

"Hope After Hurt gave me an outlet to speak out in a safe place. I see things differently, like a veil was removed from my eyes." – RH

We are here to provide a safe and biblical care group.

We aspire to maintain credibility in our community.

We desire to see the local body of Christ healthy and unified.

We pray you are prepared to partner with what God wants to do in you.



What others have said

"Recognizing that my source of approval will not be found in family or church leaders or anyone, but in God and God alone." - DM

"I am more than a ministry role or job."
- RW

"I have been able to separate God from what they did. I can see how God had His hand on it all and continued to reach out to me and show me his love and acceptance." - JC

"The Hope After Hurt experience was an emotional and spiritual first-aid class that I needed my life." - JL

"I know God is good and what He has done for me. I no longer have to be afraid." - VV

"I've held myself responsible for how others treat me. I'm learning to have grace for myself." - LB

"In looking back at painful experiences, I'm seeing the source of joy God can bring in my trials." - LL

"God really does bring good from our hurts and I can trust him with my future." - RW