



New Beginning

This is a new program: New Beginning

Starting 04/27/24 – 06/29/24

EVERY SATURDAY from 10:00 – 2:00 pm

Mack Alive

3746 Fischer Street

Detroit, MI 48214

PROGRAM OUTLINE:

04/27/2024 – Registration	Introduction of the “New Beginning” program and introduction of participants
05/04/ 2024 - Trauma	Healing from trauma
05/11/2024 – Grief/Loss	Stages of grief and healing from grief
05/18/2024 - Incarceration	PTSD from incarceration and the impact on the family
05/25/2024 – Healthy nutrition (*)	Healthy eating and exercise - taking care of your body
06/01/2024 – Substance Use Disorder	Codependency
06/08/2024 – Arts/crafts/candle making	Letting your light shine
06/15/2024 – Outing on the grass Music/dancing/BBQ	The art of letting go! Relax, unwind, and enjoy the moment
06/22/2024 – Self-esteem building	Exercises to build self esteem
06/29/2024 – Motivational Speaker	End of group Luncheon Celebration!!! Toxic relationships vs. healthy relationships

*Special treat

The groups are open for anyone to attend one or all.

Contact [Aldeana Goodspeed](#) for more information at 313 971-9687

Steps to Life, Inc.