

Small Group Sizes
Multiple Package Offerings
Several Payment Options
Virtual & In-Person Options
Check website for current offerings
Schedule a Free Consult online



Made in God's Image, we are Masterpieces! God was so creative when He made the human body, yet we hear messages in church & in culture that are confusing, about the "flesh", "feelings" what is appropriate, "spiritual warfare, & questionable theories..

Many spend a lifetime shaming, comparing, & mistreating their holy temples. Let's get grounded to truth to learn to love the masterpiece you are!



God made our brains to keep us alive! Our minds are organs that begin "programming" in the womb. What our minds are doing, is a direct result of the "input" from many places- our families, church, & the world- In this program you will gain insight into how your brain is working to serve you, and how to change the ways that it is not serving you!



If you ask most Christians if they believe what the Bible says, that they are loved, chosen, cherished, valued, accepted, beautiful, & that there is no condemnation in Christ - most can believe that for *others*, or they can believe that in their *minds*, but not in their *bodies/hearts*. Or maybe they can believe it when things are going well- but not when anxiety hits, tragedy strikes, or when humans hurt us..

Learn the Truth about your value & God's Promises (and your doubts are welcome here, too!) and build unshakeable faith- no matter what troubles or fiery darts come your way!

BIBLICAL VALUES + PROVEN THEORY = FREEDOM ROOTED IN TRUTH & LOVE

Free To Love is a program for Christian Men & Women who desire to become all that God has created them to be & so they can live a life of fullness, honoring God, & the calling He has for their lives.

Relationships are the foundation of life & **Free to Love** will prepare you to have healthy connections- starting with God & yourself!

Based on several key scriptures, you go deep with Biblical Truths so you can be whole in body, mind, & spirit and **Free To Love**!

Led by a Christian Therapist & Relationship Coach with over 2 decades of professional experience treating clients impacted by the very traps & patterns that are covered in this program- You are getting strategies & tools to help *you identify* many "pitfalls" you may have fell into (or prevent it!)

The teachings & workbook will help you can untangle the lies, wounds, & patterns that are keeping you in fear & reactivity so you can *step fully into Truth-*

It is only then that you can truly be **Free to Love**!

Are you in hopes to find a healthy partner to do life with?

Or tired of feeling stuck in patterns that keep you from fulfilling relationships?

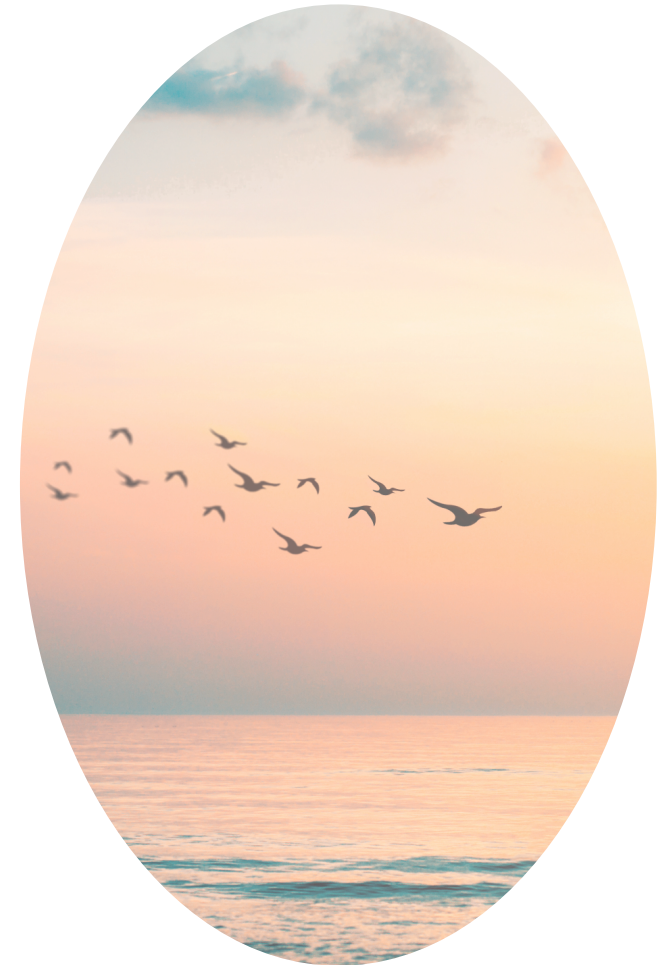
Do you struggle with knowing your value & worth?

Do you "know" what the Bible says, but have a hard time believing it?

Do you feel lost on where to start or tried things in the past that we not helpful?

Free to Love will help you connect the missing pieces of where you have been stuck!

Visit: www.rootedrefinedandrestored.com



FREE TO LOVE

A Program rooted in scripture & Neuro-Science to equip Christians to have fulfilling, **healthy relationships**, so they can be **free to love** God, Self, & Others

ROOTED, REFINED & RESTORED, LLC

*SERVING CLIENTS NATIONWIDE
LOCALLY IN GETTYSBURG, PA*

TOPICS COVERED

Starting with Biblical Foundations on Love & Freedom - the program then covers some common strategies the Enemy uses in our humanity to steal, kill, & destroy- challenging our ability to love, and be loved!

A few areas covered include:

Grief

Identity Issues & Shame

Trauma

Addictions & Mental Health

Unmanaged Stress/Lack of Self Care

Attachment Wounds

Spiritual Issues- Religious Trauma

And More....

*Some groups are tailored to specific struggles & will go more in depth how that struggle impacts the body, mind, & Spirit (ex. Betrayal Trauma, Shame, Women's or Men's Issues)

PACKAGES & OPTIONS

All Groups include a workbook with reflection questions for deep processing!

Self-Paced (on demand)- coming Fall/Winter 2025!

Virtual Small Groups- Live discussion & processing

Small Group Weekend Intensives coming soon:

- Post-Traumatic Growth for Women healing from Betrayal
- Men's Group with Intimacy Aversion or Avoidant Attachment to step into true intimacy.
- Young Adults or Engaged Couples

WHY JOIN?

- Identify areas of growth and healing before they become more problematic
- Become prepared for healthy relationships for dating or marriage
- Identify & break generational patterns
- Decide what you want to “keep” and what you want to “discard” in your beliefs & patterns of living
- Gain a solid sense of self and identity
- Gain confidence in self & decision making
- Replace hidden lies with bold truths
- Save years of heartache by changing patterns before they become more engrained
- Understand the interplay between body, mind and spirit
- Become more confident in your decisions
- Build self-esteem and know your needs

WHO SHOULD JOIN?

- Christians who desire healthy relationships
- Anyone struggling with knowing Identity or Purpose
- Anyone struggling with low self-worth or value,
- Anyone stuck in patterns of people-pleasing, poor boundaries, perfectionism, or overcommitment.
- Christians trying to understand the intersection between Faith & Science

This is not a therapy group and does not replace any professional or mental health treatment, though is a great compliment to therapeutic work!

Schedule a 15 minute consult today!

hello@rootedrefinedandrestored.com

ABOUT YOUR LEADER



Danielle Lew, MSW, CPC, mom, Wife, & Jesus-Lover holds a Masters Degree in Social Work and owns a therapy practice serving clients in PA seeking help for anxiety disorders, PTSD, and childhood trauma, and a coaching practice she serves clients throughout the U.S.! She has worked in the field of mental health & the healthcare systems for more than 25 years, including hospice, inpatient, primary care, nursing homes, addictions, colleges, jails, residential placements, & continues to partner with ministries to serve at weekend intensives & retreats

Dani uses her personal & professional experience to bring authentic coaching & therapy services to her clients that is compassionate and effective!

Her passion in helping others is born out her personal battles of being a lonely, hurting youth, who struggled with most of the topics covered in this program. At 19 years old, she found Jesus in a radical encounter, continuing to struggle to know “how” to live a Christian lifestyle as a young adult, surviving an addiction & later working through betrayal in her own marriage.

Combining her knowledge of the study of the mind, with Biblical truths- This group is a culmination of decades of professional study, experience, & personal growth & application, partnering with Holy Spirit to help set the captives free!

IG: @rooted_refined_and_restored
hello@rootedrefinedandrestored.com
www.rootedrefinedandrestored.com

**ROOTED
REFINED
RESTORED**
Faith-Integrated & Trauma-Informed
INTIMATE BETRAYAL RECOVERY
For Men, Women, & Couples