



Learning how important, valued, and loved we are. Because God said 'you're one in a million, you have value, dignity and purpose". John 3:16





"Too Much Selfie Isn't Healthy"

Exploring the importance of others and how to love them well because Jesus says in Mark 12:31, "Love your neighbour as yourself".





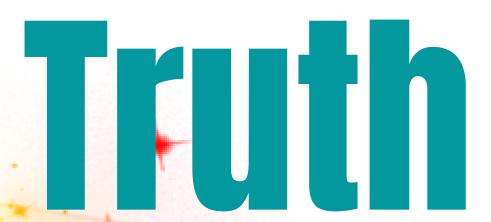
Forgiveness

"Don't Hold On To What's Wrong"

Understanding how to process negative emotion and choose forgiveness to restore relationships because Ephesians 4:32 reminds us 'Be kind to one another, tender-hearted, forgiving one another, as God in Christ forgave you.









"Fake Is a Mistake"

Unpacking how to bravely communicate truth and be proud of who we are because 'Truth will last forever' Proverbs 12:19



Perserance

"No Way Through', Isn't True"

Knowing there is a way through every situation, no matter how impossible it may seem because 2 Chronicles 15:7 says, 'Be strong. Don't give up, because you will get a reward for your good work.'