

By the end of this  
4-week workshop you  
will be able to:

### *Identify*

how and why your  
feelings affect your  
behavior.

### *Know*

how to engage  
truthful thinking to  
restore your identity.

### *Empower*

yourself with  
intentional thinking.



*"A negative mind will  
never give you a  
positive life."*

*-Dr. Caroline Leaf*

## **The Heart of Wellspring**

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

For more information or to register:

[www.wellspring-journey.com](http://www.wellspring-journey.com)

(661) 489-5953

[info@wellspring-journey.com](mailto:info@wellspring-journey.com)



*Wellspring Personal  
Development*

*It's about the journey!*

# **RENEW!**

Because no one should  
live bummed out!



Do not conform to  
the pattern of this world, but  
be transformed by the  
*renewing* of your mind.

Romans 12:2a

*Brought to you by Wellspring Personal Development*

What is **RENEW!**?

A 4-week workshop  
designed to equip you  
to thrive in the midst  
of life's troubles.



*For God has not given us a  
spirit of fear but of power,  
love, and a sound mind.*

*2 Timothy 1:7*

**RENEW YOUR MIND!**

You will be equipped with tools and principles that teach you how to overcome the effects of *trouble ... turbulent and unrelenting emotional bummers!* Through this workshop you will learn to become aware of the emotions and thinking patterns that impact your life and the lives of those around you!

**We comply with the highest  
levels of confidentiality!**  
**Our group settings are safe,  
loving, and accepting.**

**\$60 Workshop Fee**

(One time fee. Includes all materials)

Register at:

[www.wellspring-journey.com](http://www.wellspring-journey.com)

The group meets at the  
Wellspring Personal Development office.

What people are saying  
about **RENEW!**

"I learned to choose my thinking on purpose. I can stop the thoughts of rejection, fear, doubt, etc. and replace them with God's word which is the truth that sets me free daily." -T.L.

"God is amazing! This is one of the best experiences I've ever had!" -V.S.

"This class helped me to ... take scriptural steps to victory and freedom." -B.D.

