

Be devoted to one another in love. Honor one another above yourselves. Be joyful in hope, patient in affliction, faithful in prayer. Share with the Lord's people who are in need. Practice hospitality. Romans 12: 10-13



SMALL GROUPS

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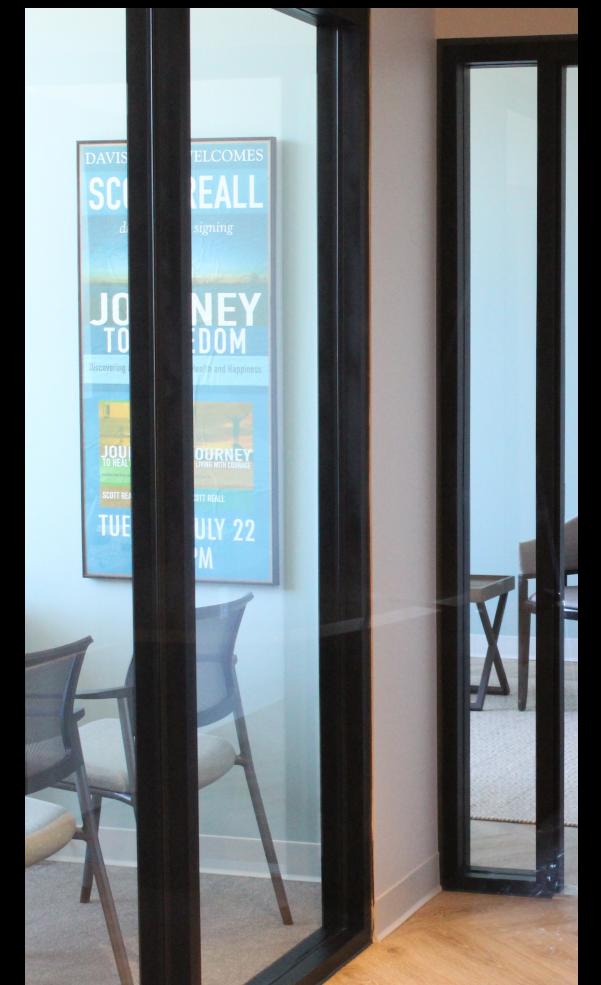
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empathy  
healing  
love

## HOW WE GOT HERE

In May 2019, the staff of Restore and Faith Family Medical Center came together to discuss a potential partnership. Little did we know that meeting would change our lives. FFMC was embarking on building a new, state of the art facility. We saw an opportunity through our aligned missions to build a home, a gathering place for all those seeking a transformative life path. Located in the heart of Nashville and accessible to the whole community, we now have a warm, welcoming group space ready to be a place of hope to all.



AWAKE. CONTEMPLATE. EMERGE.

Restore Small Groups was founded to support individuals on their journeys to mind, body and spirit wholeness, grounded in the transforming grace of Christ. Restore has been a pioneer in support group work for twenty years, promoting the integration of all aspects of the human experience. We focus on sustained personal transformation through opportunities for spiritual and emotional growth, and we create experiences that expand personal perspective and point people toward the Sacred Center to find creative, healthier responses to the world. In this way, we cultivate hope. We know that wherever people choose change and break the generational cycles of dysfunctional response and trauma, they have the opportunity to effect well-being on a larger scale. Thus, while Restore helps the individual, it also promotes the birth of healing communities.

**YOUR GIFT GROWS  
EMPATHY IN A BROKEN  
WORLD.**

Increase  
in chronic  
diseases

Higher  
than the  
national  
average for poor  
mental health  
days and  
physical  
distress

Our Nashville  
community reflects  
universally growing  
needs. We know these  
are symptoms of  
greater spiritual and  
emotional longing.  
2020 has exposed the  
struggles for which there  
is only one antidote.

40% of  
adults  
struggling with  
mental health  
during  
COVID.

**We are grateful for each gift of  
support to meet the growing  
needs of our community.**

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