



Presented by



The Unburdened Heart offers support and direction for those wanting to move beyond the pain of wounds and hurts from the past.

**Led by Dr. Joy Carroll
Licensed Psychologist**

Topics include:

- **Forgiveness fallacies and myths**
- **Understanding the forgiveness process**
- **Knowing how and who to forgive**
- **Forgiving the unforgiveable**
- **Making an effective forgiveness plan**
- **Self-forgiveness**

To register: Call **LifeLine Counseling Center** at 981-7400 or register online at www.lifelinecounseling.org/forgivenessclass.html. Seating is limited so register early.

Dates: May 13 and 20 from 6:30 to 8:00 pm

Place: **LifeLine Center**, 294 Gamble Avenue, Maryville, TN

Tuition: Classes are free of charge.

The book *The Art of Forgiving* by Lewis B. Smedes is highly recommended but optional and will be available for purchase. The cost of the book is \$11.

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