

NEW GROUPS



Your Best "US"

Every married couple is unique. They're an US. There are things they like to do, places they like to go, histories that are their own. And whether they are loving their US, wondering if their US is going to make it, or somewhere in between, every couple at some level wants to become their best US. They just may not be sure how.

So while the way we are wired both individually and as a couple may be different....

While our stage of life might be different.....

While our situations may be different....

...there are some great habits that empower every marriage - specifically four core habits that come from the Bible that can help every couple become their best US.

Join us for a one-night event that will strengthen your marriage!

Your Best "US" is a new event with teaching, small group and couple's discussion times. **Your Best "US"** will be offered 6 times each year with new topics and content each time.

LEADERS: Greg & Connie Bowman

DAY: Wednesday evening, June 7 @ 7-8:30pm

PLACE: The Cafe @ West Ridge

Future Dates in 2023:

June 7

September 20

October 25

SUPPORT GROUPS



Alcoholics Anonymous (AA)

Alcoholics Anonymous is a fellowship of people who come together to solve their drinking problem. It doesn't cost anything to attend A.A. meetings. There are no age or education requirements to participate. Membership is open to anyone who wants to do something about their drinking problem.

A.A.'s primary purpose is to help alcoholics achieve sobriety.

Hosted at West Ridge Church, the Wednesday Night Serenity Group (AA) is an open group. The room is handicapped accessible.

DAY: Wednesdays 7:00PM every week

PLACE: Atrium (Room 102) @ West Ridge



Expect A Miracle AFG (Al-Anon)

Al-Anon is a program of hope and help for anyone whose life is or has been affected by someone else's drinking.

The purpose of AL-Anon is to help friends and families recover from the effects of living with the problem drinking of a relative or friend. Our focus is on ourselves, not the alcoholic. The only requirement for membership is that there be a problem of alcoholism with a friend or relative, in the present or past. There are no dues or fees.

This group is hosted at West Ridge and is open to anyone in need. The meeting space is handicapped accessible.

DAY: Thursdays @ 7:30pm every week

PLACE: Atrium (Room 102) @ West Ridge

SUPPORT GROUPS



Grief Support

Grief Support Group is designed for anyone who has experienced the loss of a family member or friend. The weekly time includes hearing and sharing stories of loss experienced by those in the group, as well as guided discussions to help healing happen in a safe and compassionate place. Each semester of Grief support is approximately 10 weeks in length and is offered three times yearly.

DAY: Tuesdays 6:30-8:30PM, April 4 - May 30

PLACE: Atrium (Room 102) @ West Ridge



Resilient Spouses

This new group is for women whose spouses are first responders. They share life, laughter and stories as a strong support network. The group has a mix of both firefighter and police wives in the group. This group meets weekly, usually over Zoom, as well as one time a month in person. Their first in person meeting is on April 21st at 5:30pm AJ's Cafe in South Elgin.

DAY: 7:00-8:30PM (day varies due to moms' schedules)

PLACE: Zoom and in person

SUPPORT GROUPS



DivorceCare

DivorceCare is a friendly and caring group of people who are each going through separation or divorce. They will walk alongside you through one of life's most challenging times. The group is led by people who understand what you are going through and want to help. Once registered, you'll gain access to valuable DivorceCare resources to help you deal with the pain of the past and look ahead to rebuilding your life. DivorceCare group participants spend time as a support group viewing and discussing that week's video as well as what is going on in the lives of those in the group.

DAY: Tuesdays 6:30-8:30PM, April 4 -June 28

PLACE: Foundation Room @ West Ridge

REGISTRATION: \$20

FREE CHILDCARE: Available for children under 5 years old



DivorceCare for Kids

DivorceCare for Kids (DC4K) support group is a safe, fun place where your children can learn skills that will help them heal. DC4K groups blend, games, music, stories, videos and discussion to help kids process divorce and move forward. A parent must be enrolled in DivorceCare in order for their child to be in DC4K.

AGE: 5 YRS - 12 YRS

DAY: Simultaneous to DivorceCare (above)

REGISTRATION FEE: \$15 (regardless of number of children)

SCHOLARSHIPS AVAILABLE.

WOMEN OF WEST RIDGE

A UNIQUE WAY TO STAY GROUPED

To walk into a group of people you don't know can feel intimidating. Especially when you show up with an expectation of becoming a part of them. That's why Women of West Ridge offers risk free gatherings that begin with a larger group teaching on a relevant topic, then huddling up in smaller groups to discuss and build relationships.



Women's Bible Study - next study begins July 10!

Every quarter Women of West Ridge offers a different opportunity for connection and learning, both online and in-person. Over the course of a few weeks we will have teaching, connection and conversation in a small group setting. This is a perfect first step in finding your people and digging deeper into your relationship with God.



Women's Special Events

Occasionally women of West Ridge have fun events that allow for great laughter, food and friendship creation. Everything from bingo to serving together in the community. These are great first steps that can lead to lifelong relationships.

Please check our website www.westridgechurch.com for up to date info on upcoming events.



Women's Retreat (annual spring event)

Our retreats will give you the opportunity to form special connections with other women, rejuvenate your relationship with God and spend quiet moments in self-reflection. Laughing together, growing together, and walking away equipped with confidence is what you can expect in this opportunity to find your people!

MEN OF WEST RIDGE

A UNIQUE WAY TO STAY GROUPED

Everything about Men of West Ridge ultimately comes back to relationships. And the best relationships happen in groups where we can know others and grow in our faith journey. Men of West Ridge has a few gatherings (below) - and those gatherings help you to find those few, a band of brothers, who will do life with you.



Tuesday Tune Up (weekly 7-8:45pm)

Tuesday Tune Up is a gathering for any guy. This gathering meets in the cafe at West Ridge and begins with a brief teaching from one of the guys. That is followed by a time in community groups, where men huddle up to discuss the real stuff men face as we live out that teaching. If you are a guy, this might be one of the best ways to take step one in staying grouped. No registration needed - just show up!



Men's Breakfast (Monthly, Second Saturday 8-9:30AM)

There's a lot to love here. A great breakfast. Honest conversation about the stuff every man faces in living out his faith. Each month one guy shares a thought-provoking teaching, and what follows may be the best part of the morning - honest conversations in smaller groups, where you realize you're not alone. It's a great first step in Staying Grouped.
