



PRESS RELEASE

FOR IMMEDIATE RELEASE

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JOURNEY TO FREEDOM COMING TO YMCA OF DARKE COUNTY!

GREENVILLE, OH (**December 17, 2008**) – Studies show that 80% of the people who walk through the doors of our local YMCA could be suffering to some degree from depression, self-esteem, anger, loneliness, addictions (substance, pornography, food, etc.), weight-loss/eating disorders, co-dependency/relationship problems, fear and grief. In addition, 60% of those people suffer in silence.

Most YMCAs have not been equipped to meet the needs of these members—until now.

Journey to Freedom is a 7-week course that is designed for small group settings. It can teach individuals what needs to change in their life, what is involved in the process of change, what their part is in that process and how God uses others to help them. It lays the foundation for transformation and creates a personal plan of action to bring about successful and lasting change.

Journey to Freedom works through small groups that offer a safe, encouraging place for honest dialogue. Confidentiality is key to the ***Journey to Freedom*** group. Although we are not counselors or licensed therapists, there will be trained facilitators to lead groups and encourage participation

Journey to Freedom is unlike any other program because an individual works through the stages of change and writes their personal plan of action from a physical, spiritual and mental perspective.

Are you ready to make some changes in your life that will impact your life forever? ***Journey to Freedom*** begins Thursday, January 8 at the YMCA of Darke County in Greenville. The group will meet every Thursday from 7:00-8:30 pm. The facilitator for this program is Connie Stollar and Barb Akina. ***Journey to Freedom*** is a very personal, very powerful *plan* designed to dramatically turn your life around and produce an action plan that will bring about lasting change. Class size is limited. The fee is \$20 for members and \$25 for others. Call the YMCA of Darke County at 548-3777 or go online to www.ymcadarkecounty.org for more information.

The YMCA of Darke County is a non-profit membership association of over 5,800 members with facilities in Greenville and Versailles. The mission of the YMCA of Darke County is to develop the whole person – spirit, mind and body – through character development programs that reinforce Christian principles and that build strong kids, strong families and strong communities.

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