

# Come see Lisa Brenninkmeyer at St. Matthew Church!

THURSDAY | 10.20.22 | 7PM



**Lisa Brenninkmeyer**  
**Founder**  
**Walking with Purpose**

St. Matthew Church  
216 Scribner Avenue  
Norwalk, CT 06854



## *Strong Yet Tender: Building Resilience in an age of Trauma*

We're so excited to welcome Lisa Brenninkmeyer,  
Founder of Walking with Purpose to St. Matthew Church!

Are you tired of feeling untethered and overwhelmed? Most of our families are experiencing anxiety, woundedness, and stress. Rates of depression, anxiety, loneliness, and alcohol consumption are mounting among women. It appears that our ability to cope, to rise above, is lessening.

But that does not need to be your story, or the story of your daughters. This is God's promise to you and yours in Isaiah 43:2, "When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned; the flames will not set you ablaze."

Come and see how, through God's help, you can build resilience in an age of trauma.

**Gather your girlfriends and reserve your spots today!**

***Refreshments and Book Signing following the talk.***

\$25 per person, non-refundable.

**SCAN HERE TO REGISTER**



October 20, 2022 | 7:00pm | St. Matthew Church | [StMatthewNorwalk.org](http://StMatthewNorwalk.org)

