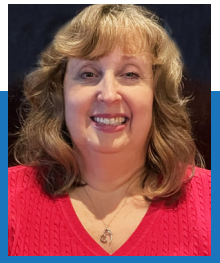
Samaritan's **Spiritually Integrated Groups** offer ideal spaces to release stress, replenish your energy, and move forward with a renewed sense of purpose.

Whether you are celebrating, struggling, or looking for a new, edifying experience, our groups will help you enrich your life.

Group Leader: Amy Armanious



Amy's inherent sense of caring and compassion is palpable in the work she does. To qualify as a spiritual director, she completed a two-year study at Pneuma Institute via the Pittsburgh Theological Seminary. She more recently completed chaplaincy studies through Clinical Pastoral Education International.

Amy also holds a Doctor of Nursing Practice degree and served as a registered nurse since 1987. She completed a Faith Community Nurse course and worked on the ministry staff at a large Presbyterian church in the Pittsburgh area. Amy served as a health ministry specialist and consultant to faith communities at a major healthcare system in Pittsburgh. Additionally, Amy served as a board member as the Director of Practice and Education with the Health Ministries Association (HMA).

Amy currently offers one-on-one spiritual direction and spiritually integrated group opportunities for adults of all faiths.

If you silently suffer from emotional, relational, or spiritual pain, we offer compassionate care that helps you **heal**, *gives you* **hope**, *and allows you to* **change**.

SAMARITAN
Counseling • Guidance • Consulting

Nationally accreditited by

Solihten INSTITUTE

(888) 200-9746
samaritancounseling.net

Main: 202 Beaver St., 3rd Fl., Sewickley, PA 15143
Satellite offices are located in Allegheny, Beaver, Butler, and Washington counties.

SAMARITAN
Counseling • Guidance • Consulting

Spiritually Integrated Groups

Sharing and Growing Together



Enrichment through Group Opportunities

Any time in your life is a great time to discover ways to learn, connect, and grow as a person—*mentally, emotionally,* and *spiritually.*

Samaritan's **Spiritually Integrated Groups** offer a variety of opportunities to learn and share your thoughts, feelings, and questions with others who are participating for a similar purpose.

Also, when facing difficulties, it is often easier to share your deepest feelings with people that you don't know but who are dealing with the same hardship, such as grieving the loss of a loved one.

After reading about our group opportunities, feel free to reach out to us on behalf of your organization, faith community, or circle of friends to pursue an experience that is meaningful for you. We also welcome your ideas for topics that you wish to explore.

Samaritan's group learning experiences include:

Grief and Loss – If you are mourning a loss, joining a grief and loss group helps you navigate the grieving process and provides a safe space for learning coping strategies, reducing isolation, and practicing self-care.



Spiritual Retreat – Participating in a retreat helps you to slow down, connect with yourself and God, and regain the clarity and sense of purpose you need for "whole self" renewal.

Book Discussion – Joining a book discussion group involves reading and reflecting on spiritual content together to share insights and gain fresh perspectives.

Workshop – Enrolling in an educational workshop can help you delve deeper into a spiritual subject that holds interest and meaning for you or enables you to learn or strengthen an interpersonal skill(s).

Flexible Scheduling

- Group opportunities can be arranged to fit *your* timeframes. For example, a retreat can last one day or stretch over two. A workshop can be divided into sessions that are held a week apart.
- Although there are established groups, opportunities always exist for the development of new topics and teachings based on your needs.
- Any group can be held in-person or virtually. We also offer virtual participants the opportunity to share their insights and feelings at a greater comfort level through small break-out groups.
- Samaritan strives to keep our costs affordable for all people. We will quote you a price based on your unique needs.

How to Get Started

Please contact Samaritan at **(888) 200-9746** and ask for **Amy Armanious**. Learn about Amy on the back of this panel.



