

broom tree

mind and spirit matters

**Working with
the Churches in
Darlington to
Welcome Those
Affected by
Mental Health
Problems**



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“Being part of broom tree life group means so much to me and has been instrumental in recovering my identity and spiritual well-being”

Are you a Christian or person sympathetic to the faith living with a mental health problem?

About us

We are Christians living with a mental illness and/or qualified by training within mental health services.

We came together to support Christians living with a mental health problem, who are either disconnected from church community or are at the margins of one.

“People are so encouraging and I have learned to see how God views me just as I am and that I have a purpose in life”.

What is a CHIME Group?

This is a safe place hosted by Darlington Baptist Church where people can *'Love God – Love People and Live Life'* with the encouragement of their peers and the family of God.

Each meeting includes a time of welcome, worship, prayer and discussion using teaching from the Bible that can help with well being.



Scaffolding recovery with the support of others and God

Connected

- Belonging to the church community and contributing your gifts

Hope and optimism

- Belief in recovery
- Having dreams and goals
- Motivation to change

Identity

- Regaining a positive sense of self as God views you not as the world does
- Overcoming stigma by understanding God's truth about who you are and your purpose in life

Meaning

- Experience of living a full and purposeful life in the midst of difficulty

Empowerment

- Taking personal responsibility and control over life
- Focusing on strengths
- Allowing God to work through your weakness

“I feel accepted and loved and supported in my walk with Jesus. I was alone and discouraged and I feel a little stronger now to cope with life”.

- Discover what makes you CHIME
- We will link you to a local church of your choice
- Opportunities to serve the church & community

Mondays

**11.00am to
12.30pm**