

Wellspring's Strong Hearts Ministry for Men

An intensive small group experience for men who are seeking to change and grow in the ways they are handling their life struggles, challenges, and relationships.

- Strong Hearts is a 27-week small group experience designed to help men learn and grow together through honest and encouraging relationships and conversation in a safe and confidential learning environment led by Wellspring's counseling and training staff.
- Strong Hearts utilizes a Christian faith-based approach to help men who are ready to courageously face their weaknesses find the personal and spiritual resources to live and love in strong new ways.
- Men who are interested in participating in our next Strong Hearts small group which is scheduled to launch in January, 2024, are invited to email Dr. Kevin Huggins (kevin@wellspringknoxville.com) to learn more about the dates, times, and details for joining it.
- New Strong Heart groups at Wellspring always begin with a six-hour Saturday orientation and then meet for three nine-week cycles on Thursday evenings (6:00 p.m. to 7:45 p.m.). The exact dates and times of all weekly Strong Hearts group meetings are available upon request. The Strong Hearts orientation and small group meetings are held at the Wellspring Counseling Center at 705 Gate Lane, Knoxville.
- The total fee for participation in a Strong Hearts Small Group is \$1500 payable in three installments of \$500 at the beginning of each nine-week cycle. It covers all the costs for instructional materials and refreshments (including lunch at the orientation) provided to each participant in Strong Hearts, as well as the small group learning experiences and periodic individual coaching sessions with our Strong Hearts leadership staff.