

Sisterhood Saturday

Gardens of Grace Tea Party

Kennisha L. Green, First Lady



**Welcome & Purpose
Ice Breaker**

Motivational Mugs

Lunch

“Healthy Hearts For All”

“Styled in Grace”

Ice Breaker

“It's Relational”

“Becoming God's Exceptional Woman”



Spilling the TEA on Relationships

The Ingredients of a Healthy Relationships:



Trust

Communication

Boundaries

Accountability

Forgiveness

Self-Worth

Breaking Old Patterns

Affirming Worth

Peace