

# GROUPS

Life Groups are the heartbeat of EFree Church!

## GROUPS WITH A ZOOM OPTION

We meet on various days of the week to study the Bible, share our lives, pray, and support one another. This is the true meaning of fellowship. While many of our groups are of a particular life stage (e.g. young families, empty-nesters, singles, young marrieds, etc.), most groups welcome all life stages.

DAY	DESCRIPTION	DETAILS
Sun	N Diamond Bar Home or Zoom Mostly Families w/Grown Kids	Alt Weeks, 6:30pm Individuals & Couples
Mon	Everyone Meets on Zoom Working Women's Life Group	Weekly, 7pm Mostly Working Women
Tue	Everyone Meets on Zoom Mostly Families w/Grown Kids	Alt Weeks, 6:30pm Individuals & Couples
	S Diamond Bar Home or Zoom Mostly 50's & Up	Weekly, 7pm Individuals & Couples
Wed	Everyone Meets on Zoom Men's Morning Study	Weekly, 9:30am Men of all ages & stages
Thu	S Diamond Bar Home or Zoom Mostly Grandparents	Alt Weeks, 1:30pm Individuals & Couples

To learn more about our Life Groups, please contact the church office:  
[office@efreedb.org](mailto:office@efreedb.org) or (909) 594-7604