

From Heartbreak to Hope...Coping with Life Alone

A 10-Week Program for Those Grieving the Loss of a Spousal Relationship

From Heartbreak to Hope...Coping with Life Alone is for those who have experienced the end of a spousal relationship due to death, divorce, or separation. This includes the person left behind; the one who's not been able to cope with their hurt, anger, loneliness, or depression; and those who – maybe years later – now realize they never processed their grief at the time of loss and are noticing that something is still not quite healed.

Wherever You Are on This Journey, You Are Welcome!

From Heartbreak to Hope...Coping with Life Alone is a copyrighted, structured 10-week program designed to ease the emotional pain felt after a death, divorce, or long-term separation. The program provides information to help a person better understand and adapt to their new reality in a safe, non-judgmental environment accompanied by compassionate Christians.

Videos of personal experience talks, presented by individuals who have walked this path, provide added insight. Active participation by the attendees through the process of listening, writing, and sharing is a key component of this program.

Start your journey of healing now. You are invited to register for Heartbreak to Hope...Coping with Life Alone being held both online and in person at St. Joseph's Parish in Placentia from **September 22nd through November 24th from 7:00 – 8:30 p.m.** The cost is \$25.00 per person for the workbook and materials. Please go to www.stjosephplacentia.org to register or call Carol at 714 528-1487 Ext 221 for more information.