

Build a New Life Workshop

A 12-Week Online Healing & Support Intensive
for Separated and Divorced Catholics



What Is It?

Build a New Life is a Christ-centered, online support and healing Intensive created especially for Catholics experiencing the pain of marital stress, separation, divorce, or annulment.

Led by certified Catholic Divorce Healing Coach Carolyn Klika Catino, this 12-week journey provides tools for emotional healing, spiritual renewal, and practical rebuilding—grounded in the truth and love of the Church.



What You'll Receive:

- 12 Live weekly sessions via Zoom (with replays available)
- A supportive Catholic faith-based community
- Step-by-step guidance to help you regain peace, confidence, and clarity
- Tools to navigate co-parenting, annulments, grief, identity, and more
- A printed workbook for reflection and transformation plus 1 year access to videos

When Does It Start?

 Thursdays, Starting January 22  7:00 PM Central Time (90 minutes on Zoom)

Join from anywhere | You're not alone | Limited seats | Scholarships available

Hear from Past Participants:

"This workshop was a lifeline. I finally felt seen, supported, and spiritually grounded again."

"If I hadn't said yes, I'd still be stuck in bitterness and fear."

"I got my connection back with God and my Faith. I didn't think this growth could happen!"

"I immediately found my tribe in BNLW...people who really understood and supported me."

Significant Proven Healing: On average, participants reported a dramatic drop in emotional pain—from 8 of 10 before the program to just 3 of 10 afterward.

How to Join:

 **Register or Learn More:** AboundingJoyMinistry.com/events

 Questions? Contact Carolyn: carolyn@aboundingjoym ministry.com



Ask for the Sioux City diocesan sponsorship to reduce your cost.

Hopeful. Healing. Faithful. Transformative.

*Presented by Abounding Joy Ministry
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