



Build a New Life

Before, During, and After Divorce

Build a New Life Workshop is a 12-week Catholic support healing program that helps participants move from pain and uncertainty toward peace, hope, and renewed purpose through faith-filled support, practical tools, and compassionate community.

YOU ARE NOT ALONE.

Whether you are considering separation, in the midst of divorce, or years beyond it, healing is possible.

THROUGH THIS PROGRAM YOU WILL ENCOUNTER



Emotional Healing

Process grief and loss, anger, anxiety, & isolation.



Spiritual Renewal

Deepen your relationship with God and rediscover hope.



Practical Support

Learn tools for communication, boundaries, forgiveness, and co-parenting.



Community

Connect with others who truly understand.



A New Beginning

Gain new confidence, clarity, and peace.

FALL 2026 BNLW WORKSHOP

12-Weeks | 7:00 PM - 8:30 PM CT



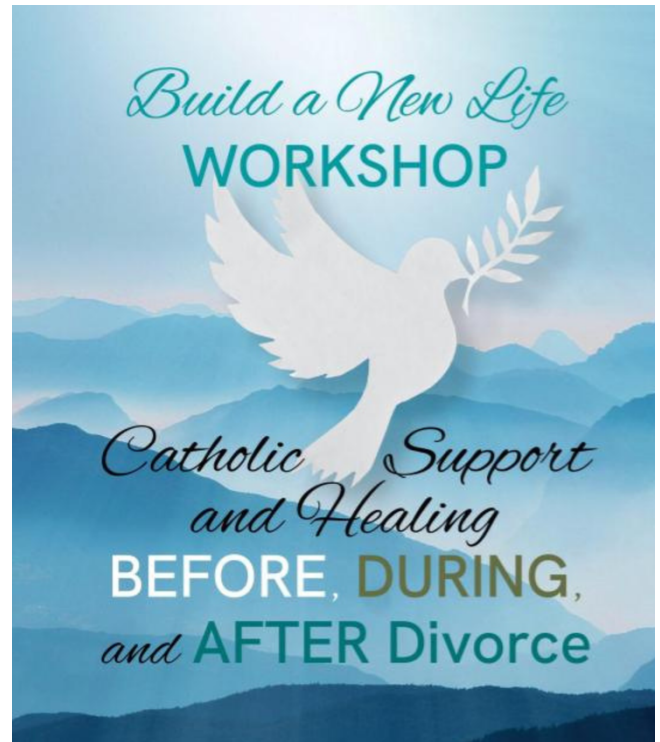
Scan to Learn
More & Register

**BEGINS
SEPTEMBER 3RD!**

Don't wait - space is limited!

**EARLY BIRD
REGISTRATION THROUGH
AUGUST 1, 2026**

Scholarships available



**Join in-person at Immaculate Conception
Parish or from home via Zoom.**

MEET YOUR PRESENTER

Carolyn Klika Catino

Founder, Abounding Joy Ministry &
Certified Catholic Divorce Healing Coach

Carolyn helps men and women navigate separation and divorce with compassionate, faith-based support, practical guidance, and experience that fosters healing, hope, and renewed purpose.

Through **Build a New Life Workshop**, Carolyn has guided hundreds of individuals as they move from pain and uncertainty towards peace, confidence, and a deeper relationship with God.

WHAT PARTICIPANTS SAY

“I found my tribe in Build a New Life Workshop - new friends who really get me. N.D.”

“Of the many things I tried, including thousands of dollars in therapy, BNLW was by far the best thing I've ever done. J.H.”

“I would never have made it through my divorce without Carolyn and Build a New Life Workshop. M.L.”

QUESTIONS?

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🌐 aboundingjoyministry.com/events

Presented by
Abounding Joy Ministry
In partnership with
Immaculate Conception Parish
and dioceses nationwide.

