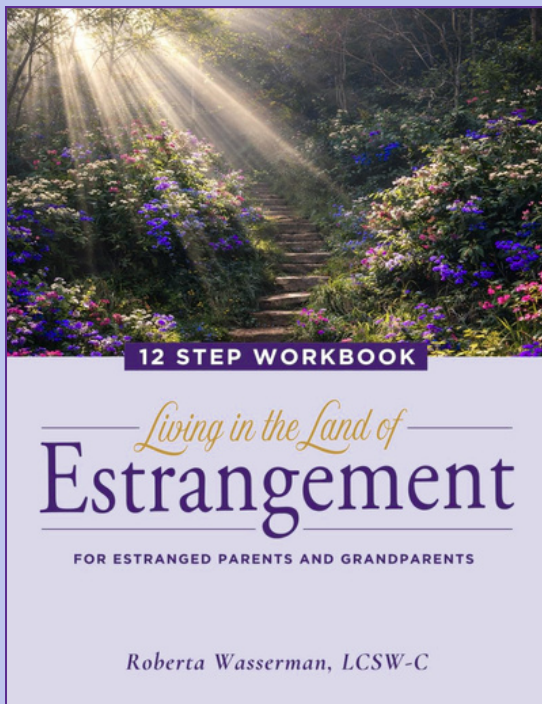




Navigating Estrangement

A support group for mothers learning to find their way forward

OASIS Community Center
Wednesdays 2:00-3:30 pm

13-week program
beginning October 7, 2026
(holiday breaks excluded)

Inspired by the principles of traditional 12-step model, this program invites participants to surrender relentless attempts to fix or control the relationship and move towards personal integrity, emotional stability, and inner peace.

Using guided reflections, practical exercises, and compassionate insight, we will explore how to...

- face the reality of estrangement with honesty
- release control over outcomes we cannot manage
- examine our own story with humility and courage
- cultivate emotional regulation and resilience
- rediscover dignity, meaning, and forward movement

Participants are responsible to purchase the workbook.

Facilitated by Sue Cinelli and Tina Thomas

Advance registration required
email: rhonda@oasisbethlehem.org

For more information, visit
oasisbethlehem.org/fractured-families

