



Heal the Root to Heal the Fruit

Reconnecting With Yourself

Moving Forward Through Estrangement

**Mondays 3:30-5:00 pm, September 28-December 7
(Closed Oct. 12)**

A 10-Week Journey for Women Experiencing Family Estrangement

When a relationship with someone you love becomes distant or fractured, **your whole world can feel different**. You may find yourself grieving what was, wondering what went wrong, or questioning who you are now.

This series offers a **safe, compassionate space to be heard, understood, and supported** as you begin reconnecting with yourself and the life you still want to live.

**Together, we will gain strength, hope, and
a renewed sense of possibility.**

Facilitated by Nancy Werteen, MA, Positive Psychology Practitioner

**Advance registration and phone
consultation is required to join.**



OASIS programs are offered to support families and friends impacted by a loved one's substance-use.

OasisBethlehem.org

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