

Faithful & Free

A roadmap of recovery for Catholic moms after an unwanted, unexpected divorce

A 14-WEEK ONLINE PROGRAM

PHASE 01

Surviving

The aftermath and making sense of what happened.

PHASE 02

Rebuilding

Restoring what has been lost or broken.

PHASE 03

Rising

Dreaming again and creating a new life you truly love.

Each week includes detailed lessons, guided reflections, and practical action steps designed specifically for Catholic moms navigating divorce recovery.

THE PROGRAM INCLUDES

- Detailed lessons and guided reflections designed specifically for Catholic moms navigating this road
- Practical action steps built for the reality of your actual life
- Weekly live group coaching calls — ask questions, receive guidance, be seen
- Three private 45-minute 1:1 coaching calls — one at the end of each phase — for personalized support specific to your story
- A 30-minute wrap-up call at program completion to celebrate your growth and build your Maintenance Plan for continuing this work
- Your complete Faithful & Free Resource Library — the Sunday Mass Confidence Guide, the Forgiveness Reflection, the Saints for the Journey Companion, the Sorrowful Mysteries Meditation Guide, and more
- Lifetime access to all program content and the private community after the fourteen weeks end

BY THE END OF 14 WEEKS

You will have addressed every fracture the divorce created — not just one or two, but all five. Your identity. Your spiritual life. Your community. Your sense of purpose and vocation. And your vision for the future. Nothing left behind.

You will know who you are again — not the woman defined by what was done to her, but the woman God created her to be. You will have real, specific tools for helping your children heal alongside your own healing. And you will be able to see a future you actually want to walk toward — one that is genuinely, completely yours.

Most importantly, you will move from a shattered Catholic mom carrying the full weight of an unwanted, unexpected divorce to a confident, faith-integrated woman who has rebuilt her life and identity while maintaining her Catholic faith and raising resilient children.

Note: while this program is rooted in Catholic spirituality, you do not have to be Catholic to participate. You are warmly welcome here.