

# Faithful & Free

A Roadmap of Recovery for Catholic Moms  
After an Unwanted, Unexpected Divorce

A 14-week online program

Faithful & Free is a comprehensive journey that guides you through three transformative phases of divorce recovery:

1. Surviving the aftermath and making sense of what happened
2. Rebuilding and restoring what has been lost or broken
3. Rising, dreaming again, and creating a new life you truly love

Specifically designed for the Catholic mom who didn't choose her divorce — the woman who was blindsided and who is now trying to find her footing without a roadmap.

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

The program includes:

- The complete 14-week online program (all lessons and action steps)
- Weekly group coaching calls
- Three 1:1 private coaching calls
- Access to the private program Facebook group (your peers who are in the program with you)

By the end of 14 weeks, you'll have greater clarity about who you are as a Catholic woman, renewed confidence in your decision-making, and a deeper sense of peace with God's plan for your life. You'll walk into Mass — not sneak in through the back door — feeling spiritually connected, worthy, and exactly where you belong.

You'll have practical tools to support your own healing and help your children navigate this transition while maintaining your Catholic family identity and showing your children what faithful, courageous womanhood looks like

Most importantly, You'll move from feeling shattered and spiritually lost — wondering if you still belong in the Church you never left — to becoming a confident, faith-anchored woman who is rebuilding her life, strengthening her faith, and raising resilient children.

Chrissi Nappe  
720-340-8455  
[www.lemonade-life-coaching.com](http://www.lemonade-life-coaching.com)  
[chrissi@lemonade-life-coaching.com](mailto:chrissi@lemonade-life-coaching.com)

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