



Statistics show that 1 in 8 parents are estranged (described as long periods of low or no contact) from at least one adult child. This silent epidemic is growing rapidly in our culture, catching many parents completely unaware.

Some adult children are encouraged to go "no-contact" with their parents by a third party (significant other, friend, therapist), while others are fueled by social media forums to leave the parent-child relationship as a way to cure their anxiety.

Many parents who are suffering are reluctant to share their stories because they feel they are somehow to blame. Estrangement preys equally on Christian and Non-Christian households, and across troubled as well as loving & close families. The emotional, spiritual, physical and financial effects of parental trauma from estrangement can be devastating.

If you are a parent lost in the turmoil of estrangement with low or no contact with one or more of your adult children, or if you've been rejected by an adult child, join us for a discussion group to understand parental trauma and take your first steps toward a journey of personal healing. We will approach estrangement from a no-fault perspective as we work toward reducing the effects of parental trauma to a level where they are no longer interfering with the parents' ability to live full and purposeful lives.

8 weeks on Sundays from 4:00-5:30PM. Starting January 12th.

Materials: \$30 per person.

Space is limited. Register at:

<https://forms.fellowshipone.com/?formId=52dd7407-e1da-498d-b2c1-3cb3855e66f8>

