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## **The Heal Your Heart Online Retreat: Advice & Support for Women Going Through Divorce**

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Trauma is passed down from generation to generation. Grandmothers have taught mothers how they deserve to be treated and mothers teach their daughters the same thing. It is a cycle. This retreat is designed to help mothers going through divorce stand up for themselves and become a strong self-advocate.

It is the objective of The Collaborative Divorce Alliance to change how divorce is done in The United States. Divorce is often approached with greed, competition, corruption, and the need to be right with little or no concern about the impact that it will all have on the children.

- Are you struggling with fear, insecurity, and worry about you and your children's well-being as a result of divorce?
- Could you use some extra reassurance, confidence, security, and stability?

During this retreat, event attendees will take a deep dive into their heart, mind, body, and soul. They will heal from the past and learn to better understand the belief systems that have caused them to repeat relationship patterns that bring about suffering, drama, and chaos. Furthermore, event attendees will heal from the trauma of divorce and create a brighter future for themselves and their children.

### **The Heal Your Heart Retreat will empower attendees to:**

- Feel confident and worthy of asking for their fair share of child custody and assets.
- Let go of the guilt that tells them what they are doing is bad/wrong and let go of the shame that tells them they are a failure.
- Let go of the anger and resentment that tempts them to put their children in the middle.
- Make space within themselves and get clear on the next steps to create a new, vibrant chapter in their lives with a new identity and a new understanding of what they are truly capable of.

### **The Heal Your Heart Retreat will teach attendees:**

- The various methodologies of the divorce process and how to determine which methodology is most appropriate for them.
- How to find the right legal support (attorney/mediator/guardian ad litem).
- How to find the right financial support and how to truly understand their finances.

**(ONLINE Via ZOOM)**  
[Register Here](#)