



# HOPE ALIVE

## A Journey of Hope

Pregnancy Loss  
Abortion Grief  
Pregnancy Loss Survivor Syndrome  
Childhood Abuse and Neglect

### Hope Alive Group Therapy

Hope Alive is a unique program specially designed to heal men and women impacted by childhood neglect and abuse and/or pregnancy losses including abortion. It provides in-depth understanding, teaches participants new skills for growth and new behaviours.

### Can you identify with ...

depression, anger, rejection, having disturbing dreams, flashbacks, bouts of crying, emotional numbness, guilt, shame, trust issues, finding it difficult to love and receive love, low self esteem, loss of purpose and identity, obsessive thoughts or discouragement?

**W**e **H**elp **Y**ou

understand and discover **W****H****Y**

# Take a positive step towards understanding and self-discovery

Hope Alive is specifically designed to help heal men and women deeply impacted by childhood mistreatment and pregnancy losses.

It includes:

- ✓ Commitment
- ✓ Realising mistreatment
- ✓ Changing anger and withdrawal
- ✓ Dealing with guilt
- ✓ Understanding your true self
- ✓ Passing through despair
- ✓ Grieving my losses
- ✓ Reconciliation
- ✓ Reconsidering relationships
- ✓ Rehabilitation and rejoicing
- ✓ Future and beyond
- ✓ Follow-up



**WHY** Counselling Services

Call Lyn for a confidential appointment

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