



New Beginnings Presents:

Online Advanced Program

Program Objective

The New Beginnings *Advanced Program* offers both women and men a learning environment which is safe, welcoming and non-judgmental. The program provides 6 Weeks of psycho-education which greatly expands on many areas of inquiry, critical self-discovery, practical care, personal development and renewal. The program resources include PowerPoint and time will be allocated for questions and group discussion.

Program Goals

- Effective expression of Fear
- Understanding the fundamental principles of Self-Esteem & Self-Confidence
- Developing skills for Stress Management & Resiliency
- Defining Faith and Happiness
- Learning how to build Meaningful Living

Program Access

The ideal participant has *already* attended the New Beginnings *Introductory Program*. Each candidate will be screened prior to being considered for admittance into the program.

Start date & time: Tuesday October 19, 2021 @ 7:00 pm Online *via* Zoom

Total cost: no charge

Contact: For more information and to register please contact:

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New Beginnings is a ministry dedicated to those who have suffered a loss through separation, divorce or the death of a loved one.



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New Beginnings
Archdiocese of Toronto