



## You Are Not Alone

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An all too common problem for hurting parents is isolation. Our guilt, shame, and embarrassment cause us to withdraw. Our tears are so close to the surface we don't want to talk about our sons or daughters with others.

It's our strong belief that we're not created to live life alone but in community. Life with all its joys and sorrows is to be experienced with others. Mutual encouragement and shared trials help to lighten our load and increase our strength for the journey. This is where the power of support groups can help when the pain is too deep.

## Therefore I Have Hope in Him

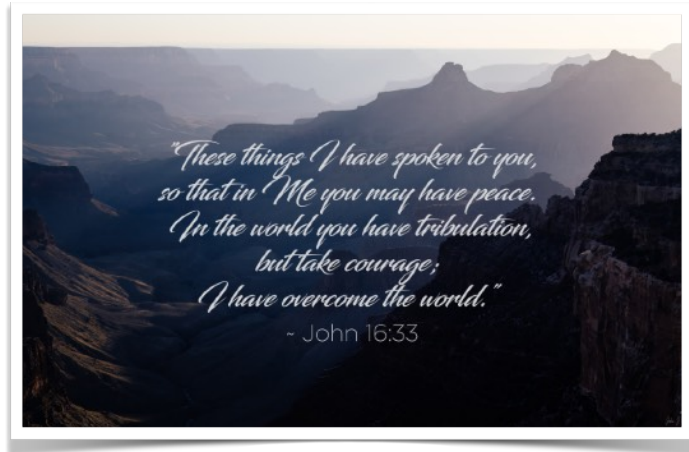
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We have found that our relationship with God can strengthen during a family crises. Or, it can harden your heart, to the point that you no longer experience His love and His help.

The Group Facilitators have experienced pain from a child's poor decisions. They have chosen to help others now.

*"The Lord is my portion," says my soul, "therefore I have hope in Him."*

~ Lamentations 3:24



## Does this sound like your parenting journey?

### Strong emotions:

Fear, Guilt, Anger, Grief and Loss, Hopelessness, Worry, Anxiety, Powerlessness

### Struggle with:

Enabling, Isolation, Trust, Control, Expectations

### Damage to:

Marriages and Family Relationships, Health, Employment and Finances, Spiritual Well-Being

## We offer hope, encouragement and comfort!

### Group Description

Hope for Hurting Parents is a faith-based and facilitator-led support group. This group exists to support you as parents of a prodigal teen or adult child in a safe and confidential setting. Whether your child has become involved with alcohol, drugs, sex, addictions or incarceration, or has mental illness, parents need support and encouragement.

### Join Us!

Meetings are the 1st and 3rd Thursdays of most months, from 6:30-8:00pm. We meet at Desert View Bible Church, Bldg C. Contact John and Cindy O'Leary at 480-267-3121 or email to: [oleary.personal@gmail.com](mailto:oleary.personal@gmail.com).