

Living in the Land of Estrangement

For Estranged Parents and Grandparents

This group is designed for parents and grandparents navigating the painful reality of family estrangement. We often carry grief, confusion, and unanswered questions – while the world moves on as if nothing has happened.

The workbook used for this group is inspired by the principles of traditional Twelve Step programs and offers a structured path toward healing, personal growth, and emotional stability—whether reconciliation occurs or not. This group does not promise reconciliation. Instead, it offers something more durable – a path toward healing and self-respect regardless of outcome. It's not about fixing others—it is about strengthening yourself and learning how to live fully again, even in the face of unresolved family relationships.

Through thoughtful reflections, guided exercises, and journaling prompts, participants are encouraged to examine their experiences with honesty, release what they cannot control, and reclaim a sense of dignity and peace. You'll be invited to:

- Face the reality of estrangement with honesty
- Release control over outcomes they cannot manage
- Examine their own story with humility and courage
- Cultivate emotional regulation and resilience
- Rediscover dignity, meaning, and forward movement

Whether you are newly estranged or have carried this grief for years, this group offers a place to reflect, grow, and begin living fully again.