



# Blood, Boundaries, and Beyond

## Navigating Family Estrangement & Alienation

Are you navigating estrangement or alienation from family member(s) or struggling with the difficult decision to create distance?

Join our clinical group to:

- Understand the differences between alienation and estrangement
- Explore the complex emotions that accompany family distance
- Learn coping strategies for strained or fractured connections
- Strengthen self-compassion, clarity, and emotional resilience
- Redefine family by building relationships that align with your needs, values, and emotional truth

Process your experiences and find emotional healing, regardless of where you are in the relationship journey with relatives.



Justena Kavanagh



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- Accepting New Members
- Meets virtually
- \$100/session
- Discount for prepayment
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