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EMPOWERMENT



Let's Talk About It with Janie Lacy
Archives Available
September 29th 2021: Healing After A Break Up

Let's Be Honest, Breakups Suck. If doesn't matter if you were the one to end the relationship or if you were on the receiving end of the breakup, breakups often leave us feeling lost, alone, and confused. This episode will help you identify if you need or want to leave a relationship, how to navigate the breakup process, how to grieve and heal, and how to take what you learned in this relationship into this next stage of your life. Grief isn't linear and this is probably going to hurt worse before it gets better, but you'll be grateful you did the hard work.



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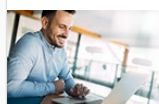
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