

STARTS February 15.

Lama in Healing Support Group

Hope/Mana`olana
Help/Kokua
Healing/Ho`ola

- Loss of a loved one
- Annual, monthly meeting
- Face-to-Face (w/some exceptions)
- Limited capacity
- Interested in the group, contact Pua
- Must register



2023 CALENDAR

3rd. Wednesday
Monthly

530 PM - 7 PM

Loss and grief can reveal overwhelming pain and despair. Traumatized for many in the aftermath of a sudden loss. A support group is a means to a safe place. Connect, not feeling so alone. A time for pausing, sharing expressed senses differently. Transitions.

TRANSITION-TRANSFORMATION



Alone-Connect
Who YOU/I AM/Self-Identity Values-
Aloha/Stories-Mo`olelo Challenge/
Coping Techniques Awareness/
Learning
Takeaways/Transformation



Facilitators: Pua Kaninau-Santos & Su Atta (peer professionals)



HOPE/MANA`OLANA

A new day begins each day with the hope of starting differently, pause, and transition...



HELP/KOKUA

Taking the time to mo`olelo; share stories, remembrances expressed, connect, build relationships, differently...



HEALING/HO`OLA

Finding that path to live beyond the pain and despair, in the bittersweet of Aloha, passing life forward. Transformation. THRIVE & JOY!

Contact



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