

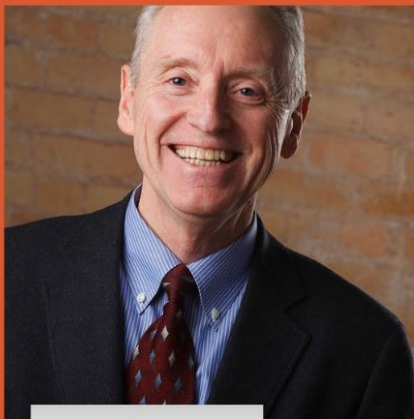
# Ghosted

Surviving Parental Estrangement:  
How to cope when adult kids  
disappear from your life

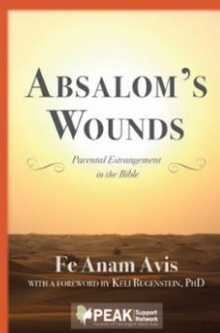
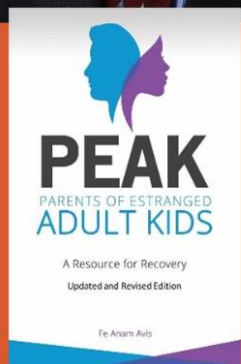


**Saturday, October 26**  
**8-11 AM**

**\$20 includes materials and breakfast**



Featuring Fe "Faith" Anam Avis,  
author of *PEAK: Parents of  
Estranged Adult Kids* and  
*Absalom's Wounds: Personal  
Estrangement in the Bible* and  
founder of PEAK Support Networks  
throughout the country.



**Register  
Here**



If you need help with registration,  
call 217-352-1732



Presented by Good Shepherd Lutheran Church  
2101 S. Prospect Ave., Champaign, IL

# Did you know?

- **Estranged parents and grandparents exhibit trauma symptoms akin to those returning from combat zones.**
- **Estranged parents are often isolated and stigmatized.**
- **1 in 4 persons over 18 is estranged from a family member - that's over 50 million people in the US alone.**

## Program Description

**Family estrangement in general and parental estrangement in particular is being recognized as an emerging public health problem in our society. Roughly 70 million persons over the age of 18 indicate they are estranged from a family member, and one in eight parent-adult child relationships is estranged. In this seminar, participants will learn both practical skills for making a life-changing difference for estranged parents and coping skills if they themselves are estranged from adult children.**

## About the Presenter

**Fe Anam Avis describes himself as an entrepreneurial humanitarian. Over the last twenty-five years he has created sustainable initiatives helping people deal with some of the most devastating problems in life including hurricane relief, HIV AIDS among orphans in Central America, victims of domestic violence, and suicidal desperation. In 2018, he founded the PEAK Support Network to help Parents of Estranged Adult Kids recover from the complex trauma of extransgement. PEAK was birthed in the Hendersonville-Asheville region of western North Carolina. Since then, he has connected with hundreds of estranged parents, led multiple recovery groups, and conducted SPEAK training for therapists, clergy, life care professionals, and financial planners. He is the author of twenty books, including daily devotionals for estranged parents and those recovering from suicidal thinking.**

## Objectives

**Our hope is that participants will be able to:**

- 1) Define what we mean by parental estrangement.**
- 2) Make a faith connection to an example of estrangement.**
- 3) Articulate the characteristics of parental estrangement.**
- 4) Identify the various aspects of parental trauma.**
- 5) List solutions that do not work.**
- 6) Identify possible indicators of an estranged parent.**
- 7) Engage an estranged parent be able to participate themselves in an affirming, healing conversation using the REACH model.**
- 8) Assemble an estranged parent resource kit.**



Sponsorships are available for those in financial need.