

## **Quarterly Report: From Heartbreak to Hope**

### **November 2022**

AVVA's new program, "From Heartbreak to Hope" was developed under the direction of AVVA National President, Sharon Hobbs. The program is designed to train organizers to initiate and conduct local programs that help our members, and their families work through the loss of a loved one. Along with providing participants with comfort, social connection and hope, the program addresses the emotional and practical issues associated with their loss. Emphasis is on creating support networks and providing information on community and survivor benefits resources.

"From Heartbreak to Hope" was introduced at the August Leadership Conference by Sharon Hobbs, Dr. Tom Hall, and Nina Schloffel. Sharon and Nina provided a program overview, and Dr. Hall led attendees through a series of interactive exercises in support group communication. The introductory seminar was well attended and enthusiastically received.

In September Nina Schloffel conducted two "From Heartbreak to Hope" training sessions. A third session is planned for late November. The training is a leader led online session. Trainees learn the basic skill sets and guidelines for building and conducting peer group sessions.

If you are interested in obtaining additional information on the "From Heartbreak to Hope" program, or would like to register for a training session, contact Nina Schloffel. Nina can be reached at 209-743-7422 or by email at [neenr@att.net](mailto:neenr@att.net).