

# Family Creative Centers

A network of Family Creative Centers  
to help parents with loss and hurtful relationships,  
to progress through disappointments and deep grief,  
to avoid endless conflict, and grow resilience and positive emotions.



A 7-step process helping families  
heal, communicate and actualize more of their creative potential.



Families Opening Their Lives to Love, Compassion and Wellbeing.

## The 7 Step Process

- 1 Recognizing our hurt and pain
- 2 Acknowledging our sadness, fear and anger
- 3 Self-healing, self-love, self-care
- 4 Forgiveness, letting go of the past,  
letting go of the pain, deep healing
- 5 Family communication skills
- 6 Family positivity, consciousness, compassion,  
collaboration, co-empowerment, co-creativity
- 7 Wellness, gratitude, happiness, creativity

For collaboration, investment and development:

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Communication & Relationship Skills

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