

Five Steps to Healing and Overcoming Hardships

By Dr. Betsy Guerra

Dr. Betsy Guerra is a bilingual psychotherapist, international speaker, and author of ***Hurt 2 Hope: Heal the pain of loss, grief, and adversity***. She is the founder of Better with Betsy, the only platform dedicated to elevating humanity by training service leaders and supporting individuals through a powerful psycho-spiritual approach.

Betsy is also a devoted wife, a mother of four, and—above all—a woman of faith. It is faith that saved her from despair when she came face-to-face with excruciating pain. In 2013, Betsy suddenly lost her beloved daughter—two days after her eldest’s first day of Pre-K at St. Timothy Parish School.

With the grace of God and the support of our community, she found hope, strength, and healing. Since then, she's devoted her life to helping others find purpose in pain and embrace it to heal and restore joy.

Betsy is sharing her gifts with our community in a talk she’s providing for our parents on March 31, 2023 at 8:00am. That day she will teach us the **Five Steps to Healing and Overcoming Hardships**. She will empower you with practical tools that will help you rise above any adversity, grow closer to God, and end suffering.

Friday, March 31, 2023, @ 8:00 am
St. Timothy (McDermott)

