

NEW HOPE LIFE SKILLS *Workshop*

Caring For Your Soul In Seasons Of Loneliness



Tuesday, August 11, 2026
10:30AM-12:00PM
LIGHT LUNCH TO FOLLOW



Love INC Building
710 20th Ave S, WR



Dr. Richelle Hoekstra-Anderson is a Christian life coach, clinical psychologist, speaker, and author of *Abundant Soul: Daily Meditations for a Flourishing Life*. Drawing on more than 30 years of experience helping people navigate life's challenges, transitions, and losses, she combines practical wisdom, faith, and soul care principles to help people move toward greater peace, purpose, and connection.

Whether you are experiencing loneliness yourself or supporting someone who is, you will leave this workshop with greater understanding, hope, and practical tools for the journey ahead. Dr. Richelle's mission is simple: helping people care for their soul so they can live and give abundantly.

Dr. Richelle will give away copies of her *Abundant Hope: My Journey Through Grief and Loss* books to participants and if interested, they can purchase her *Abundant Soul: Daily Meditations for a Flourishing Life* book at \$13.



Workshop Takeaways:

- better understand loneliness and isolation
- recognize how life transitions impact connection
- identify personal barriers to meaningful relationships
- leave with practical next steps toward healthier connections
- feel seen, normalized, and hopeful



Scan the QR Code to register online by August 4th or contact us at 715.424.5683.