

“The journey of healing is often painful. It requires much effort and endurance. . . It is hard work, but along the way we learn that there is a place in the journey where we are able to celebrate. This celebration comes from knowing that all of the effort is worth it. It is from this place that we can begin to feel hope and we can begin to glimpse joy. We are no longer driven by desperation but by determination.” - adapted from *A Healing Celebration*