

HELLO LATTER DAY STRUGGLES FRIENDS!



I am so grateful that you are benefitting from the Latter Day Struggles Podcast. We've been going strong these past 6 months, growing several powerful, vibrant, and beautiful Faith Expansion Groups and I must say, so far, so AMAZING!

What you'll receive when you join a Latter Day Struggles Support and Processing Group:



4 hours a month

(three 80-minute sessions) of synchronous time with Valerie where she will offer mini-master classes, answer questions, facilitate group processing of a variety of faith-expansion related conversations, and work with individual group members in periodic individual coaching sessions.



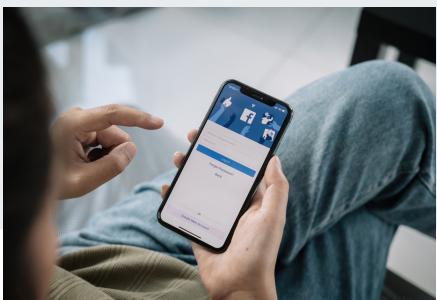
Small Breakout Groups

For those interested in going deeper into the content in each of our group meetings (and who prefer processing in smaller group settings) Valerie creates virtual breakout after each group session. Several members find this a wonderful opportunity to process some of their most important faith expansion work with a few other open hearts and open minded people.



Group Connection

with your own support group via a closed Facebook Page and a current-members-only Marco Polo Group. These are places where members of the group process group experiences together, support one another in their real-life challenges, and reinforce the reality that we are not alone in this journey.



Closed Facebook Group

For all current members of ALL of Valerie's groups where current group members from all groups can find more connection, discover others in their geographic area, and enjoy periodic Facebook LIVE Question and Response Sessions with Valerie and Nathan as well as other special guest speakers.



Podcast Guest Opportunities

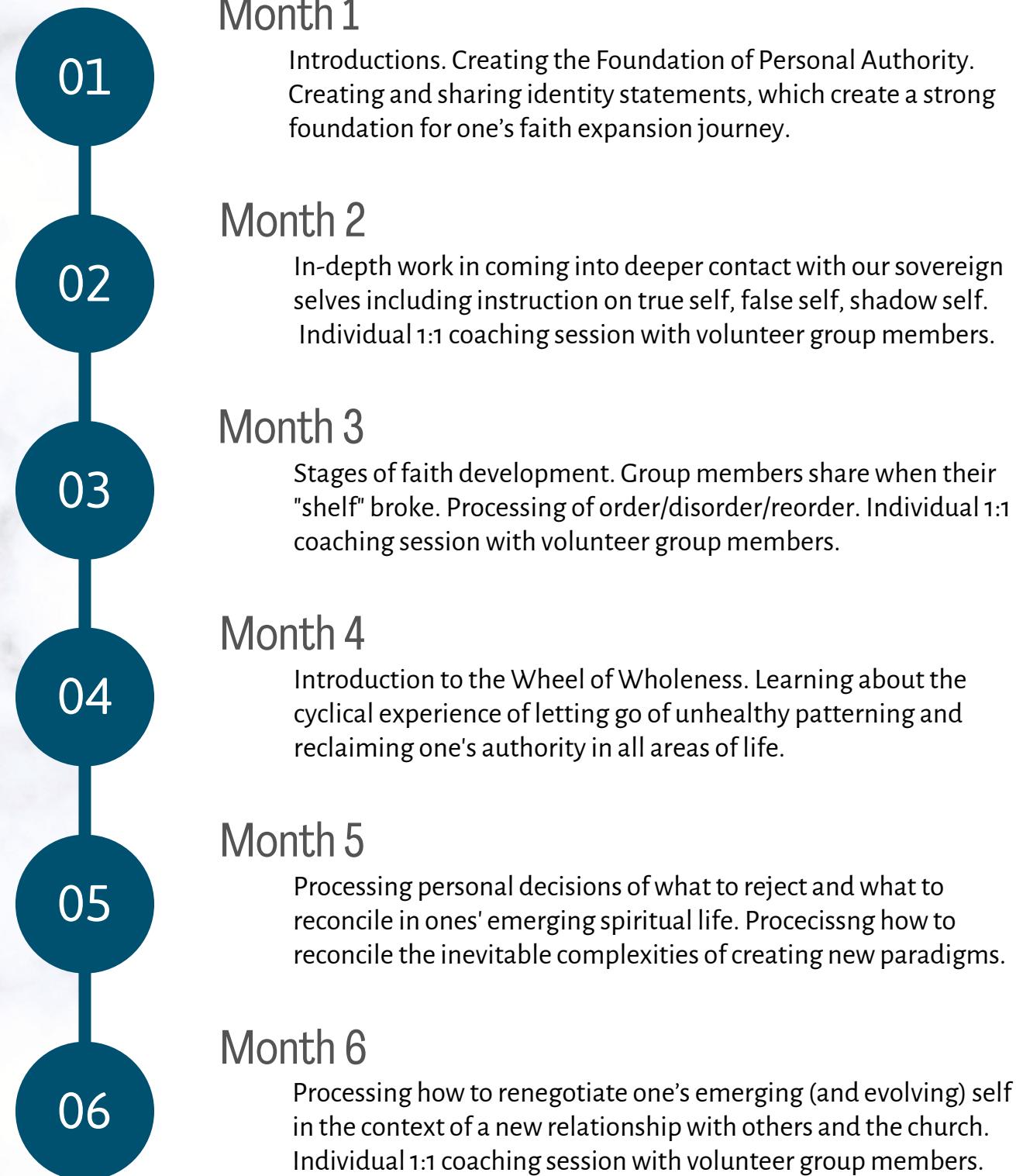
Valerie occasionally has group members come on the podcast as guests to share their own experiences in faith expansion. Val frequently gets requests from listeners who want to share...and she limits guest appearances to those whom she knows and loves personally:).



1:1 Coaching Opportunities

Valerie occasionally invites group members to volunteer for individual coaching during the group zoom meetings. These are great opportunities for everyone to learn from the principles and reflect upon insights. This is a VOLUNTEER position only, and no one will be forced to share if they don't want to!

Time line



FAQs

When?

- New groups begin pending enough interest. You can find when groups are expected to start at <https://valeriehamaker.com/latter-day-struggles/support-group-order-page/>
- These groups will meet 3 weeks a month for 80 minutes. Exact schedules for each group forthcoming for those enrolled and will be sent via email.
- The 1-2 “off-weeks” each month provide Valerie with much needed time to prepare content, work on other projects, for professional/personal/family commitments like vacations and conference commitments, and to accommodate for major holidays. Groups are encouraged to continue communicating and building relationships via Marco Polo and Facebook groups.

Duration

- 6 months
- Overall duration of each group: Valerie currently has a curriculum that could cover 12-18 months. Those groups who are deeply engaged in the process and deeply bonded to each other choose to continue on beyond this initial 6 month period. For groups that shrink beyond a feasible size, Valerie will offer opportunities for groups in the same developmental place to combine.

Tuition Cost

- \$100 /month. This can be paid in full [\$600] or in smaller installments via PayPal available on the Latter Day Struggles Website.

Financing

- \$600 out-of-pocket may be a bit much for some people to pay all at once. For those who are interested, we are happy to let you know about financing options available through Paypal, available through our website, www.latterdaystruggles.com
- Paypal Pay In 4 breaks up the payment into 1 down payment at purchase of \$150, and then 3 subsequent payments \$150 biweekly until the \$600 is paid with NO fees! Find out more [here](#). Or you can type the following link into your searchbar:
<https://www.paypal.com/us/cshelp/article/what-is-pay-in-4-help463>
- You can also apply for Paypal Pay Later which gives users an opportunity to make installments to PayPal with no interest if paid off in a set amount of time (usually 6 months). Find out more [here](#). Or you can type the following link into your searchbar:
<https://www.paypal.com/us/cshelp/article/what-is-pay-monthly-help839>

Refund Policy

- Many people feel immediately bonded to their group due to the intense isolation they have felt leading up to the discovery of the Latter Day Struggles Podcast and this group experience. However, it is entirely common for the group experience to be intimidating early on and it can take a few months to truly warm up to your cohort and get comfortable with the beauty of this process. Therefore, Valerie does not offer refunds for those unsatisfied with their group experience but invites people to see the process through and give the experience a full six months.

am I a Good Fit?

As you all likely know, this is a group for those of us trying to have a healthy relationship with the LDS church “on the edge”...of either the inside or the outside.

While I totally respect the hearts of the orthodox believer and also respect the legitimate reasons for the anger and frustration felt by the individuals who have left the faith in unresolved ways, this group is probably not a good fit for folks on either of these opposite ends of the spectrum.



If you have stepped away but are still navigating your experience and see yourself as neither “in” or “out”, I think this would be a great fit for you, too.

From my psychology background, I am just wanting to form the expectation that we gather with a heart to be as psychologically healthy and open to truth and to the lived experience of each other and in approaching the complexity of our united concerns with love, openness, and respect.

Can’t wait to meet you! Below is the link to enroll for your group! So far they have filled up fast due to high demand, so jump in before they are full!

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Love,

Valerie Hamaker

SEE AVAILABILITY

our team

Please don't hesitate to reach out to our team if you have any questions!



Hello there! I'm Valerie! I address challenging and important topics that affect members of the LDS faith. I firmly but respectfully question anything that seems to cause shame, suffering, and struggle for individuals, couples and families. My faith expansion support groups are a place for openness, dialogue, and for those interested in developing spiritual and psychological agency.

Hi friends! My name is Amberlie Lane. I'm Valerie Hamaker's assistant. I still attend Church, so this work is my outlet for all the nervous-energy I feel when I sit in Sunday School. Believe me when I say I am SO thrilled to be able to help you however I can!

Faith transition/expansion/whatever-you-want-to-call-this-craziness can be difficult, but I have found that having a group of people to share with has been so healing for me. Valerie is a wonderful facilitator, and the groups are a safe place to be your true self.

If you have questions, please send me an email at:

Amberlie Lane | amberlielane@gmail.com



WE ARE HAPPY TO HELP!