



Institute for Strengthening Communities August 2005



5 Ways to Heal a Broken Heart

Just about everyone experiences the type of grief we call heartbreak at one time or another. Feelings of loss can be experienced for many different reasons, whether it's the loss of something real or the loss of something you had hoped for. If you are recovering from a broken heart, here are a few things that can help lessen the pain:



- *Share your feelings
- *Take good care of yourself
- *Remember what's good about you
- *Keep yourself busy
- *Give yourself time

For more information check out www.kidshealth.org sponsored by the Nemours Foundation

Need Someone to Talk To? Call TEENLINE



Talk to a trained peer helper about:

- *Relationships
- *Friends
- *Life at home or school
- *Things on your mind

Operated completely and confidentially by teenagers
Monday-Thursday 4-8pm
338-0559 or call Telefriend toll free at 1-877-41A-TEEN



Field of Fun, Eastern Iowa's Amazing Corn Maze

What: A fund-raiser for Big Brothers Big Sisters of Johnson County and area 4-H clubs.
When: Runs 1 to 5 p.m. Saturdays and Sundays until Sept. 18.
Where: Century Farm Harvest Heat, 2968 Black Diamond Rd SW, four miles south of Highway 218.
How Much: \$5
More Info: Call 337-2124

