

VOLUME 1 | JULY 2026

The Joi Breakforth Connection

Hope • Healing • Purpose

Where healing begins, hope grows, relationships thrive, and purpose is discovered.

Encouragement, practical resources, and upcoming opportunities to help you continue moving forward with faith and purpose.

JOI BREAKFORTH

A Note from Sanita

Dear Friend,

Welcome to The Joi Breakforth Connection — I am so glad you are here.

Whether you found us through the Time of Refreshing Prayer Breakfast, our website, the podcast, a coaching session, a workshop, a webinar, or a community event, I want you to know that your presence in this community means the world to me.

Joi Breakforth was created to be a place where people can find real, Christ-centered support for every season of life. A place where healing is not just talked about, but experienced. A place where hope is not just a word, but a lived reality. A place where healthy relationships are built, purpose is discovered, and faith becomes the foundation for everything.

Whether you are navigating grief, preparing for marriage, growing in your faith, rebuilding after disappointment, or simply looking for encouragement — you belong here.

Each month, this newsletter is my way of staying connected with you — sharing resources, upcoming opportunities, and reminders that no matter what season you are walking through, you are not alone.

I am honored to walk alongside you. Thank you for being part of this journey. I pray this edition blesses, encourages, and equips you for all that lies ahead.

With Gratitude,

Sanita Mitchell

Founder, Joi Breakforth





FEATURED EVENT

Living Beyond Loss Webinar

A Safe Space for Healing and Hope

 **July 10 | FREE LIVE WEBINAR**

Grief is one of life's most difficult journeys — and you were never meant to walk it alone.

The Living Beyond Loss Webinar is a safe, supportive space designed for individuals navigating grief, loss, and life transitions. Whether you are grieving the loss of a loved one, a relationship, a dream, or a season of life, this webinar will offer:

- Biblical encouragement rooted in God's promises
- Practical tools for processing grief in healthy ways
- Hope-filled strategies for moving forward with purpose
- A compassionate community of others on the healing journey

This is not just about surviving loss — it is about discovering that life, hope, and purpose are still available to you on the other side.

[RESERVE YOUR SEAT →](#)

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Christ-Centered Relationship Coaching

For Engaged & Married Couples

✓ Certified Prepare/Enrich Facilitator | ✓ Certified SYMBIS Facilitator

Healthy relationships don't happen by accident—they are built through intentional investment, honest communication, and a foundation rooted in faith.

Whether you're preparing for marriage, newly married, or have been married for years, every relationship can benefit from guidance, encouragement, and practical tools that strengthen connection and deepen commitment.

At Joi Breakforth, I offer Christ-centered relationship coaching using two of the most trusted, research-backed relationship assessments available. Together, we'll identify your strengths, address areas for growth, and equip you with practical strategies to build a thriving relationship that honors God.

Prepare/Enrich

A comprehensive relationship assessment and coaching program designed to help couples:

- Strengthen communication and conflict resolution skills
- Discover relationship strengths and growth opportunities
- Deepen emotional and spiritual intimacy
- Develop healthy problem-solving strategies
- Build a shared vision for the future
- Strengthen and enrich existing marriages

SYMBIS (Saving Your Marriage Before It Starts)

A trusted relationship program that helps couples:

- Understand each other's personalities and expectations
- Navigate differences with wisdom and grace
- Develop healthy relationship habits
- Build a strong, faith-centered foundation
- Continue growing together long after the wedding day

Whether you're engaged, newly married, or simply desire a stronger marriage, this coaching experience provides practical tools, biblical encouragement, and personalized guidance to help your relationship flourish.

[LEARN MORE →](#)





PODCAST SPOTLIGHT

The Joi Breakforth Podcast

From Surviving to Thriving — One Conversation at a Time

Are you ready to be encouraged, equipped, and inspired?

The Joi Breakforth Podcast is your companion for honest, faith-filled conversations about the things that matter most. Whether you're navigating grief, rebuilding after disappointment, strengthening your relationships, growing in your faith, or discovering your purpose — each episode provides practical encouragement rooted in biblical truth.

Featured Episodes

- *When Faith Isn't Enough*
- *Healing Isn't Linear*
- *From Broken to Beautiful*
- *Finding Hope After Disappointment*

New episodes are released regularly and are designed to help you move from simply surviving to truly thriving — with faith as your foundation.

Tune in and be encouraged. Your next breakthrough may be just one conversation away.

 **LISTEN ON SPOTIFY**

Available wherever you listen to podcasts.

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RETURNING SOON

A Time of Refreshing Prayer Breakfast

A Sacred Space for Women to Pause, Reconnect, and Be Renewed

After a powerful and inspiring gathering in 2024, A Time of Refreshing Prayer Breakfast is returning — and we cannot wait to welcome you.

This signature Joi Breakforth experience creates a sacred space for women to pause from the busyness of life, reconnect with God, build meaningful relationships, and leave feeling refreshed, encouraged, and inspired for the journey ahead.

Whether you attended previously or will be joining us for the very first time, you are warmly invited.



Worship

Begin the morning in the presence of God through uplifting worship.



Prayer

Experience the power of collective prayer and intercession.



Fellowship

Connect with other women who are on the journey toward healing, hope, and purpose.



Encouraging Teaching

Receive a word of encouragement rooted in biblical truth.



Meaningful Conversations

Engage in honest, life-giving conversations that matter.



Delicious Breakfast

Enjoy a beautiful breakfast experience in an elegant setting.



Date & Location Coming Soon

FREE RESOURCE

Healing Starter Kit

Your First Step Toward Hope and Healing

Every healing journey begins with one step.

Healing doesn't happen overnight — but it does begin with a single step.

The Healing Starter Kit is a free, practical resource designed to help you begin your healing journey with intention and hope. Inside, you will find:

- Encouraging reflections to help you process where you are
- Practical exercises to support your emotional and spiritual health
- Biblical affirmations to anchor your heart in truth
- Gentle next steps to guide you forward

Whether you are just beginning to heal or looking for a fresh start, this kit was created with you in mind.

Download your free Healing Starter Kit today and begin moving forward with hope. It's completely free — because healing should be accessible to everyone.

[DOWNLOAD YOUR FREE GUIDE →](#)

No cost. No commitment. Just hope.

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What We're Working On

Growing Together — Here's a Peek Inside Joi Breakforth

One of the things I love most about this community is that we grow together. Here is a little peek at what is happening behind the scenes at Joi Breakforth right now:



Living Beyond Loss Webinar Prep

We are putting the finishing touches on an experience designed to bring real hope and healing to those navigating grief and life transitions.



Expanding Premarital Coaching

Our Christ-centered premarital coaching services are growing! We are excited to walk alongside more couples as they prepare for marriage.



New Podcast Episodes

Fresh conversations are being recorded and will be released soon. Each episode is crafted to encourage and equip you for the journey ahead.



New Digital Resources

We are creating additional tools, guides, and resources to support your healing and growth — and they will be available soon.



Future Workshops & Events

We are planning upcoming workshops and community events designed to bring people together for learning, healing, and connection.



Planning the Return of A Time of Refreshing Prayer Breakfast

We are so excited to be bringing back this beloved signature event. Planning is underway and we cannot wait to create another powerful, meaningful experience for women in our community.



Building the Joi Breakforth Community

Every subscriber, prayer, podcast listener, coaching client, workshop participant, and supporter is helping build something beautiful — a community centered on healing, hope, healthy relationships, and purpose. We are so grateful for you.

Thank you for being part of this journey. Your support, prayers, and encouragement mean more than you know. We are building something beautiful — together. 🦋

SCRIPTURE OF THE MONTH

...to give them beauty for ashes, the oil of joy for mourning, the garment of praise for the spirit of heaviness...

— *Isaiah 61:3 (NKJV)*

No matter what you have walked through — the losses, the heartbreak, the seasons that felt like they would never end — God has not forgotten you.

He is the God who takes what is broken and makes it beautiful. He takes ashes and creates something glorious. He takes mourning and replaces it with joy. He takes heaviness and wraps you in praise.

Whatever you are carrying today, know this: your story is not over. God is still writing it — and He writes beautifully.

You are not defined by your broken places. You are being transformed by them.

— *Sanita Mitchell, Joi Breakforth*

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COMING SOON

Upcoming Opportunities

More Ways to Heal, Grow, and Connect

We are so excited about what is coming next at Joi Breakforth. Here is a preview of what is on the horizon:

1 Grief Recovery Method® Programs

A structured, evidence-based program to help you move through grief and find lasting healing — so you can step fully into the life God has for you.

[JOIN THE WAITLIST](#)

2 Christian Life Coaching

One-on-one coaching to help you discover your God-given purpose, overcome obstacles, and move forward with clarity, confidence, and faith.

[LEARN MORE](#)

3 Premarital & Marriage Enrichment

From premarital coaching to marriage enrichment resources — tools and support to help couples build strong, thriving, faith-centered relationships.

[STAY TUNED](#)

4 A Time of Refreshing Prayer Breakfast

Our beloved signature event is returning! A sacred morning of worship, prayer, fellowship, encouraging teaching, and meaningful connection for women.

[JOIN THE INTEREST LIST](#)

5 Hope & Healing Live

A live event experience bringing together community, worship, teaching, and healing. An encounter designed to move you from where you are to where God is calling you.

[GET NOTIFIED](#)

6 Digital Resources

Beautiful, faith-centered digital journals, workbooks, and guides to support your healing, growth, and purpose journey.

[COMING SOON](#)

7 Workshops & Masterclasses

In-depth learning experiences on topics like grief recovery, healthy relationships, personal growth, purpose, and faith — designed to equip and empower you.

[JOIN THE LIST](#)

Be the first to know when these opportunities become available. Stay connected and watch your inbox!



STAY CONNECTED

Let's Stay in Touch

You Are Part of This Community — And We Want to Stay Connected

The Joi Breakforth community is more than a newsletter — it is a growing family of people committed to healing, hope, and purpose. Here are all the ways you can stay connected:



Book a Breakthrough Consultation

Ready to take the next step? Book a complimentary Breakthrough Consultation with Sanita Mitchell and discover how Joi Breakforth can support your healing, relationships, and purpose journey.

Lets Chat!



Visit Our Website

Find resources, services, and upcoming events at joibreakforth.com

VISIT THE WEBSITE →



Follow on Facebook

Join our Facebook community for daily encouragement, updates, and connection.

FOLLOW ON FACEBOOK →



Listen to the Podcast

New episodes available on Spotify, Apple Podcasts, and YouTube.

LISTEN NOW →



Share This Newsletter

Know someone who needs encouragement? Forward this newsletter and help us spread hope.

SHARE WITH A FRIEND →

Questions? We'd love to hear from you.

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 www.joibreakforth.com

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Until Next Time...

Dear Beautiful Friend,

Thank you — truly — for allowing Joi Breakforth to be a part of your journey.

It is not lost on me that you could spend your time anywhere, and yet you chose to be here. That means everything.

Whether you are in a season of deep grief, quiet healing, or joyful growth, I want you to know that this community was built with you in mind. Every resource, every event, every conversation — it is all for you.

As we move through the rest of 2026 together, I am believing for breakthroughs, for healing, for restored relationships, and for dreams that are finally coming to life.

No matter what season you're walking through, remember:

Whether you're healing from loss, preparing for marriage, growing in your faith, discovering your purpose, rebuilding after disappointment, or simply looking for encouragement — my prayer is that Joi Breakforth continues to be a place where you find hope, practical support, healthy relationships, and Christ-centered guidance.

Healing is possible.

Hope is available.

Healthy relationships can flourish.

Purpose is waiting.

And you never have to walk the journey alone.

I am honored to walk alongside you.

**With Gratitude,
Sanita Mitchell
Founder, Joi Breakforth**

