

## Deeper Connection podcast - Empowering healing, strengthening, and enriching parent child relationships

Myrna Lapres  
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Coach Myrna, June 16, 2025  
[www.coachmyrna.org/](http://www.coachmyrna.org/)

### A Deeper Connection

A Deeper Connection is a podcast empowering healing, strengthening, and enriching the parent child relationship through all phases of life. Hosted by myself, Myrna Lapres, and Crescentia DeGoede in collaboration with the Blessing & Family Ministry of Family Fed USA\*\*, we now have ten episodes of interviews with some amazing individuals sharing about their own journey through intergenerational trauma, finding forgiveness, healing themselves and their family relationships, and discovering ways that their experiences have impacted how they are raising their own children. The most recent episode is available here: [bfm.familyfed.org/a-deeper-connection-podcast/ep-10](http://bfm.familyfed.org/a-deeper-connection-podcast/ep-10) interviewing Crescentia's mother, Claire Hinkle. Checkout all ten of the episodes: [bfm.familyfed.org/a-deeper-connection-podcast](http://bfm.familyfed.org/a-deeper-connection-podcast)

As I reflect on my own path as a parent and grandparent, and becoming a

relationship and family coach, I have come to believe that a healthy parent-child relationship is one of the most important aspects in finding joy and satisfaction in the life that one is creating. Dr. Gabor Maté shares a profound truth: our healing becomes our children's inheritance. Perhaps this is one of the greatest gifts I can give to my children and grandchildren, and it begins with an awareness that I want less anger, self-criticism, resentment, and frustration in my life and more peace, joy, presence, gratitude, and connection with others.

Often, this realization leads us to begin searching by praying, reading books, exploring meditation and mindfulness practices, asking questions, and seeking help. If you need support in finding your next steps, I offer a free clarity coaching session: [www.coachmyrna.org/coaching.html](http://www.coachmyrna.org/coaching.html)

For more food for thought on this: [www.coachmyrna.org/blog/choose-growth](http://www.coachmyrna.org/blog/choose-growth)

\*\*For those not familiar with the Blessing and Family Ministry, you can visit [bfm.familyfed.org/](http://bfm.familyfed.org/)

To purchase my book on

Amazon: [www.amazon.com/gp/product/B09L7KS5VH](http://www.amazon.com/gp/product/B09L7KS5VH)

If you already purchased my book, I would love for you to leave a review.

[www.amazon.com/review/create-review/?ie=UTF8&channel=glance-detail&asin=B09LGWWXVZ](http://www.amazon.com/review/create-review/?ie=UTF8&channel=glance-detail&asin=B09LGWWXVZ)

*If you would like to know more about what I offer as a coach, please visit my website: [www.coachmyrna.org/](http://www.coachmyrna.org/)*

*Find out more about creating better connections with Safe Conversations*

*[www.coachmyrna.org/create-connection.html](http://www.coachmyrna.org/create-connection.html)*

