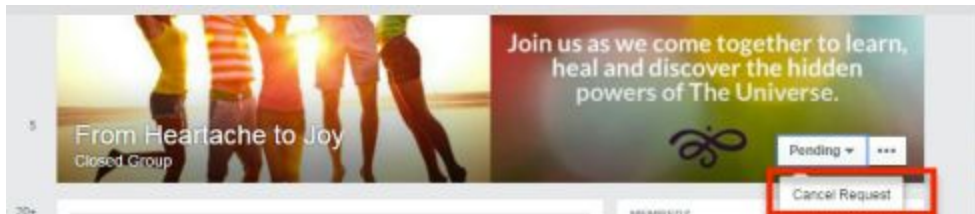


Go to [From HeartAche To Joy FB Group](#)

1. This will take you to the group page where you need to send a request to join the group by clicking on **Join Group**



2. Once you have clicked on **Join group**, The admin of the group will be notified and your join request will change to **cancel request** as you see in the image below.



3. Once you submit the join request, please wait until the admin approves your request. Once the admin approves the request, you will receive a Facebook notification (Please note that in order to receive this notification, you must have a facebook account). See image below.

