

Bethany of Southeast Michigan

*Under the auspices of the
Office for Family Life & Faith
Support Groups of the
Archdiocese of Detroit, Bethany
provides spiritual, social and
educational support to the
divorced and separated.*

www.bethanysemi.org

Divorce Recovery Workshop

*Gentle guidance toward recovery from the tragedy of divorce
and pathways to growth through self-recovery.*

9 Week Workshop
September 16 – November 11, 2010
Thursdays 7:00-9:00pm

St. Irenaeus Church
Activities Center, Room 12
771 Old Perch Road
Rochester Hills, MI 48309

Separation and divorce can be the most painful and stressful experiences you've ever faced. It's a confusing time when you feel isolated and have lots of questions about issues you've never faced before.

A Bethany support group is a friendly, caring group of people who will walk alongside you through one of life's most difficult challenges. You don't have to go through it alone.

Bethany workshops and support groups are led by people who understand what you are going through and want to help. Bethany facilitators have received formalized training. There will be two trained facilitators, ideally male and female, for each divorce recovery program.

Each participant of a Bethany divorce recovery program **must** be divorced or legally separated (i.e., you or your spouse has filed for divorce with the Court).

Special encouragement is provided toward increasing the spiritual, emotional and physical stability of each member of the Bethany Divorce Recovery support group.

Bethany Divorce Recovery programs consist of consecutive, multi-week sessions held from 7:00-9:00pm one night a week. The workshop is progressive, and while attendance is not mandatory, the best results are obtained when you are present for each session.

Healing Prayer

Remember, the pain will pass. Your brokenness will heal.
The sun will rise again in your soul. Peace will come.
You will survive. You are not alone ... ever.
God walks with you. God holds you tenderly and close.
God's grace will sustain you. You are loved.

May you be blessed by God, God's Son, and the Holy Spirit,
now and forever. Amen

Divorce Recovery Format/Schedule

The workshop is based on the book *Divorce and Beyond* by James Greteman and Leon Haverkamp, and the video series *Rebuilding the Castle that has Come Down* by Dr. Bill Flanagan.

- Week 1 What's Happening to Me? The Process of Divorce
- Week 2 The Road to Healing ■ Self Image
- Week 3 Stress ■ Coping with your Ex-Spouse
- Week 4 Facing My Anger and Loneliness ■ Assuming New Responsibilities
- Week 5 Kid Care ■ Being a Single Parent – Becoming a Whole Family
- Week 6 Blame and Guilt ■ Forgiveness
- Week 7 Financial Survival
- Week 8 Happiness ■ Thinking About New Relationships
- Week 9 Spirituality ■ Pathways to Growth ■ Moving On

Registration

For more information or to register, please contact any one of the Bethany Rochester Divorce Recovery Workshop Facilitators listed below. The cost for the 10-week workshop is \$20. **All information is held in strict confidence!**

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