



BETHANY OF SOUTHEASTERN MICHIGAN

Hope and Healing for the Separated and Divorced.

Divorce Recovery

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.

The workshops 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.

Bethany's goal is to console and educate you on how to survive the trauma of divorce and lessen the pain of your recovery. The following are some of the topics that are covered:

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

For more information about a Divorce Recovery Program near you, check the Bethany Chapter pages, or contact Carol at 248-390-7771.

Read what others have to say about the program ...

■ The Bethany divorce recovery program helped me bridge the gap between my married life and my new, single life. They helped me discover that there is a whole new world out there waiting for me, and gave me the courage to take my first steps forward. It's not easy, but sharing with others who are going through the same experience really helps.

■ The divorce recovery workshop helped me to understand that I was not the only person going through the pain of divorce. I was able to establish some life long friendships during the workshop.

■ I was broken emotionally. The divorce workshop taught me the skills I needed to begin healing and gave me the support of others to continue the healing process. We all had a story equally painful and we have been there for each other ever since.

■ You need not go through this alone. Finding the kindness and support I did at the recovery workshop, helped me in what seemed like an unbearable time in my life. You don't have to be alone in this difficult time. There is help and hope.

■ It was a great experience and it made me realize we are never alone, just reach out and take chances.

■ I enjoyed the class so much I decided to take the class twice, once when my spouse first filed and again near the end of the proceedings. I met a lot of great people who helped me get through some very difficult times. I highly recommend this class if you're going through the pain of a divorce – you don't have to go it alone!

■ At the end of a divorce, you feel completely alone and emotionally wrecked. The divorce recovery workshop helped me understand that there are others in a similar situation and that all wounds eventually heal. In addition, the support offered by the Bethany group has proved invaluable in helping me rebuild my life.

■ Going through my divorce was one of the most painful experiences of my life. The support that was provided by this group was extremely helpful and made me realize that I was not alone. We all had our own stories....but the feelings were similar. This workshop taught me ways to cope with my emotions and started the healing process. I am extremely grateful that I found this workshop and had the support of this group during that time. Thank you!! :)

■ The entire divorce recovery group was very supportive and helpful. The lesson on forgiveness was difficult to accept at the time, but it has allowed much needed healing between two divorced parents that still need to work together to raise a child.

You don't have to go through it alone.