

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](http://www.bethanysemi.org)

## Divorce Recovery Workshop

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

8 Week Workshop  
May 2 – June 20, 2012  
Wednesdays 7:00-9:00pm

St. Therese of Lisieux Catholic Community  
48115 Schoenherr Road  
Shelby Township, MI 48315

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.

This Bethany Divorce Recovery program consists 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 Financial Survival ■ Kid Care ■ Being a Single Parent – Becoming a Whole Family
- Week 6 Blame and Guilt ■ Forgiveness
- Week 7 Happiness ■ Thinking About New Relationships
- Week 8 Spirituality ■ Pathways to Growth ■ Moving On

### Registration

For more information or to register, please contact one of the Bethany Rochester-Shelby Divorce Recovery Workshop Facilitators listed below. The cost for the 8-week workshop is \$20.

### All information is held in strict confidence!

Debbie ■ (248) 842-9537  
Debbie.BRS@bethanysemi.org

Jim ■ (248) 736-4777  
Jim.BRS@bethanysemi.org