



## SEPARATED / DIVORCED SUPPORT GROUP

Life changes are never easy.

After a separation or divorce, you may be feeling isolated.

Are you in need of support and healing to adjust to your new life?

Do you want to share and learn with others?

Are you ready to learn the skills for your journey?

Do you want to rebuild your life, turning pain into a growth experience?

Come together with others to realize there is a 'second act'.

Join us on the 3<sup>rd</sup> Tuesday of every month - 7:30-8:30 pm

January 17, February 21, March 21, April 18, May 16, June 20,

September 19, October 17, November 21, December 19, 2023

Feel free to come early and join our Parish in prayer - 7:00pm Mass.

We will meet in the Parish Centre (basement) at 7:30pm.

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**St. Michael Catholic Church**

80 University Ave. W. Waterloo, ON

To register: Phone 519-884-9311, or Email: [parish@stmichaelw.ca](mailto:parish@stmichaelw.ca)

Visit our website for dates and more information:

[stmichaelw.ca](http://stmichaelw.ca) – Ministries – Separated and Divorced

Relax, experience support, make new acquaintances and see a glimmer of hope for a healthy and satisfying life.

There is no fee. Everyone is welcome.

Act II is an informal support group for those who are, have been, or are going through separation or divorce. Portions of the program content is based on the book "Rebuilding - When Your Relationship Ends", and "Divorce and Beyond". This program is endorsed by the Diocese of Hamilton.