

LEVEL

1

LEARNING TO COPE



A SELF - HELP SUPPORT GROUP FOR SEPARATED & DIVORCED PERSONS

Recovering from the trauma of separation or divorce is not done alone. It is the responsibility of each person to reach out and begin his or her healing process with the help and support of others on this journey of recovery. This program is designed to provide resources for those who are recently separated or divorced or have already filed for divorce. It covers the experiences and emotions that people go through in the early stages of their trauma and suggests activities for making it a growing experience. Our ten week session offers the tools to help men and women through the journey of initial stress, anger and guilt, to ultimate forgiveness, happiness and growth.

FOR WHOM: Persons Separated and Divorced

WHEN: TUESDAY EVENINGS for Ten Weeks

September 19 - November 28, 2017

NO CLASS OCTOBER 31

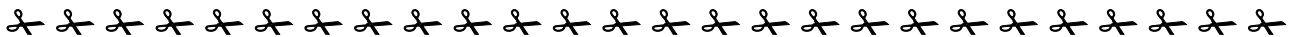
TIME: 7:00 P.M. - 9:30 P.M.

LOCATION: Chancery Office

700 King Street West, Hamilton

Phone: (905) 528-7988 ext 2249

COST: \$35.00 NON-REFUNDABLE



REGISTRATION FORM - LEVEL 1 LEARNING TO COPE (Chancery Office)

NAME: _____

ADDRESS: _____ **CITY:** _____

P/C: _____ **PHONE #:** _____

EMAIL: _____

How long have you been separated and/or divorced? _____

Please complete this registration form with PAYMENT of \$35.00 (payable to the Catholic Diocesan Account) and return to:

Family Ministry Office

700 King St. W., Hamilton, ON L8P 1C7

Or fax to: 905-528-1088