

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 Eleven Weeks

March 19 - May 28, 2019

TIME: 7:00pm - 9:00pm

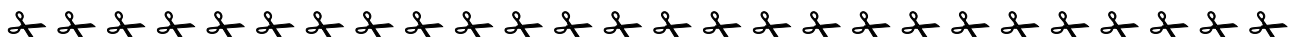
LOCATION: St. Francis of Assisi Parish

49 Blueridge Avenue, Kitchener

(Corner of Queen & Westmount Rd)

519-745-7301

COST: \$35.00 NON-REFUNDABLE



(REGISTRATION FORM - LEVEL 1 PROGRAM) LEARNING TO COPE ST. FRANCIS OF ASSISI PARISH

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

Register online at: www.hamiltondiocese.com