

# 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

**March 19 - May 28, 2019**

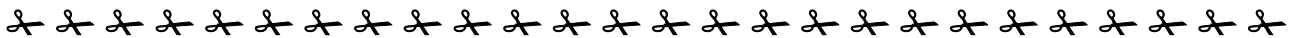
**TIME:** 7:00 P.M. - 9:30 P.M.

**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**

**Register online at: [www.hamiltondiocese.com](http://www.hamiltondiocese.com)**