

### **“Endings & New Beginnings” – Divorce Recovery**

- A six-week support group/psycho-spiritual educational experience for those experiencing separation and divorce.
- Weekly topics include:
  1. “This Was Not the Contract” (facing the reality of divorce and moving through the various stages of separation and divorce)
  2. “Goodbye Answers, Hello Questions” (divorce and one’s belief system; spiritual challenges)
  3. “Breaking Old Patterns and Learning New Ones – Part 1” (personal growth experienced in facing and understanding the past)
  4. “Breaking Old Patterns and Learning New Ones – Part 2” (communication and conflict...learning to relate in ways that are more healthy and effective)
  5. “Steppin’ Out and Movin’ On” (legal aspects, financial future, living single again, kids and family caught in the middle)
  6. “Turn the Other Cheek” (working through bitterness, anger, and hurt while learning to forgive)