

DIVORCE.....TIME TO HEAL

A six week program of peer support built on a foundation of the gifts of our Catholic faith.
Please contact the Office of Life and Family Ministries if you would like to host this program.

SESSION ONE

- ✚ Introduction to program
THIS PROGRAM IS FOR YOU AND ABOUT YOU!!
We learn from and with each other
- ✚ The Process of Divorce
Understanding the stages of divorce

SESSION TWO

- ✚ Self-image
Divorce has a tremendous effect on a person's concept of self. Our sense of identity has undergone a tremendous shock.
- ✚ Stress
Learning to accept the things that cannot be changed, develop the courage to change the things that can be changed and the wisdom to know the difference.

SESSION THREE

- ✚ Anger
Divorce brings a special kind of anger that we have not experience before. Healthy ways to express and deal with anger.

SESSION FOUR

- ✚ Blame and Guilt
It's all my fault. If only I ! What is "appropriate guilt" and how do we work through this?
- ✚ Forgiveness
Can I be free from the past if I don't forgive myself and others?

SESSION FIVE

- ✚ Loneliness
The greatest need for all human beings is to be in relationship with others.
- ✚ Children and Family
Divorce has a heavy impact on the entire family structure

SESSION SIX

- ✚ Trust
Begin with building a basic trust within yourself
- ✚ Love
Your capacity to love others is closely related to understanding that you are loved by God and your capacity to love yourself
- ✚ Happiness
Choose to be happy, learn how to be happy and put in the necessary time, prayer and practice to be happy!