

**Family.
Friends.
Neighbors.
Coworkers.**

Divorce

*Someone You Know
Is Hurting.*

It's hard to know how to help someone who is going through a divorce. It takes a long time and a lot of work to heal the pain that comes with the breakup of a marriage.

DivorceCare is a special weekly seminar and support group for people who are separated or divorced. If you know someone going through a divorce, make sure he or she knows about DivorceCare. It might just be the best thing you could do to help.

Thursday Evenings

7:00 to 9:00 PM

Jan. 12 to Apr. 12, 2012

**St Francis of Assisi Catholic
Church**

6245 Wilmington Pike
Centerville, OH 45459

For Information - Contact

Marcelle Toma (937) 312-1157

\$25/person
Scholarship rates available.

DIVORCE *Care*[®]

DIVORCECARE VIDEO SEMINAR SUMMARIES

SESSION ONE

What's Happening to Me?
38 minutes

This introductory seminar helps answer the question, "Why do I feel the way I do?" It helps participants become comfortable with the support group concept.

SESSION TWO

The Road to Healing/Finding Help
32 minutes

This video segment helps the participants identify the losses that occur as the result of divorce. It also discusses ways to begin the process of healing *from* the hurt of divorce.

SESSION THREE

Facing My Anger
36 minutes

This video seminar deals with the subject of anger, a nearly universal reaction by both spouses during a divorce, and offers constructive suggestions for dealing with anger.

SESSION FOUR

Facing My Depression
30 minutes

Depression can paralyze a person going through divorce. Despite this, it can be a "healing emotion;" and this video seminar explores constructive responses to depression.

SESSION FIVE

Facing My Loneliness
33 minutes

After divorce, many people respond to their loneliness in ways that will cause them even deeper pain. This segment explores healthy ways to overcome loneliness.

SESSION SIX

New Relationships
39 minutes

This seminar will help viewers understand the hurt that can come from a premature new relationship and how to know when they are ready to enter a new relationship.

SESSION SEVEN

What Does the Owner's Manual Say?

This seminar explores answers from the Bible on issues related to separation, divorce, remarriage, how the Catholic Church responds to it, and discussion on the annulment process.

SESSION EIGHT

Financial Survival
33 minutes

Most people are stretched financially during divorce. This video segment offers practical help on how to survive and ways to deal with the many money issues that arise in divorce.

SESSION NINE

KidCare
36 minutes

This video seminar helps parents understand the effects of divorce on children and offers tips on being an effective single parent.

SESSION TEN

Single Sexuality
36 minutes

This important video segment will help viewers understand sexuality *from* God's perspective and will discuss how to deal with sexual urges and desires. It is possible to be single again and satisfied.

SESSION ELEVEN

Forgiveness
33 minutes

The hurt that comes with divorce is a barrier that prevents many people *from* forgiving their former spouse. This seminar shows that healing cannot occur without forgiveness.

SESSION TWELVE

Reconciliation
36 minutes

This video seminar profiles the different types of reconciliation that can occur after divorce and explains why pursuing reconciliation is so important, even when those involved don't feel like reconciling.

SESSION THIRTEEN

Moving On, Growing Closer to God
37 minutes

How can God produce something good out of something as bad as divorce? This segment will show participants how they can grow closer to God through their divorce experience.