# DivorceCare includes:

Videotape seminar sessions with nationally recognized experts.

Small group discussion in an atmosphere of confidentiality.

**DivorceCare** is part of our Growth & Healing Series.



THE GREATER NASHUA
GROWTH & HEALING CENTER

For more information on this and other classes offered, please call (603) 883-8273 x114





## A Seminor & Support Group



#### **Gain Understanding & Recovery**

Divorce and separation cause pain and a sense of loss. Broken relationships with family and friends often leave you feeling like you were divorced from your whole life. If this has happened to you don't despair, there is help available.

DivorceCare is a series of support groups and seminars conducted by people who understand what you are experiencing. Learn how to deal with the pain of the past in order to gain understanding and recovery.

You will interact with people in small groups who understand what you are feeling and will be able to offer you encouragement. You'll also have a chance to talk about the information presented during the seminar.

DivorceCare is non-denominational. The program features Biblical teaching for those recovering from divorce and separation.

### **Seminar Topics**

What's Happening to me?

The Road to Healing ...Finding Help

Facing my Anger

Facing my Depression

Facing my Loneliness

What does the Owner's Manual say?

New Relationships

**Financial Survival** 

Kid Care

Single Sexuality

Forgiveness

Reconciliation

If you are interested in attending the *DivorceCare Seminar*, please contact us for registration information.

(603) 883-8273 x114 growthandhealing@gmail.com

#### The Details:

There is no charge for this seminar. The *DivorceCare Workbook* will be available for purchase by each participant on the first day of class.

The cost is under \$20.00.

Pre-registration is required since group size is limited. The seminar will be closed to new participants after the second session.

During the seminar, experts give the topic overviews and teachings via videotape, and the leadership and attendees add support and care to the group discussions.

Please note that this is not professional counseling. The leaders of the *DivorceCare Seminar* are people who have "been there" and want to help you.