

seasonal groups

More information

Divorce Care

Start date: September 28th, 2021

Time: 7:00 pm – 9:00 pm

Duration: 12 weeks

Group will be meeting online via zoom

You don't have to go through separation and divorce alone. Get connected online with a caring group of people who will walk alongside you through one of life's most difficult experiences. Groups are led weekly by people who understand what you are going through and want to help. You'll get the resources you need to find hope and healing after divorce or separation – all from the safety of your own home. And it's free, you only pay for your participant's guide!

Who/Why should someone join this group?

There is no timeline for healing, whether it's been a week or ten years, we are here to help. Overcome the pain, stress, confusion and isolation you may be feeling due to separation and divorce.

How will they benefit?

Access life-changing videos and resources and share helpful suggestions and encouragement with others who are also hurting after a marriage breakup. The support group focuses on allowing you to share what you're experiencing with other people who are going through the same experiences and who will be able to understand you. You will find hope and feel accepted in a safe environment.

What topics are covered in the group?

Topics include: facing your anger, depression, loneliness, forgiveness, new relationships and more. Although the program applies biblical principles, it is open to all.

What can participants expect to experience in the group?

Each week, your Divorce Care experience begins with watching a video seminar together. After viewing the video, participants spend time as a support group, discussing what was presented in that week's video seminar and what is going on in the lives of the group participants.

How will the participants be supported during the duration of the group?

You'll probably feel a little nervous about attending Divorce Care for the first time, however, those feelings go away quickly for most. The group is a safe, warm and caring environment designed to help you. You'll be around people you can relate to and will become part of a "family".

Due to the personal nature of this topic, we ask that you commit to attending weekly for the entire program.

For more information or to speak to a leader contact us at:

seasonalgroups@thebridgemarkham.com or call us at 905-294-6716 Ext 324

Check out these resources that can help you along your journey:

<https://www.divorcecare.org/dailyemails>

<https://my.bible.com/reading-plans/23866-life-after-divorce>

<https://my.bible.com/reading-plans/689-seasons-of-divorce-seasons-of-loss-and-sorrow>

<https://my.bible.com/reading-plans/24038-living-unbroken-reclaiming-your-life-and-heart>

<https://my.bible.com/reading-plans/3622-divorce-to-healing-survive-and-thrive>

<https://my.bible.com/reading-plans/120-divorce>

<https://my.bible.com/reading-plans/2440-divorce-to-healing-31-wholeness>

<https://my.bible.com/reading-plans/24296-catching-you-a-5-day-plan-to-creating-a-life-of-s>