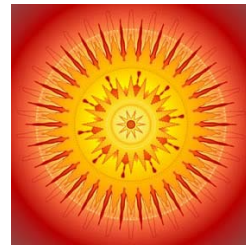


**SUPPORT GROUP JUST
FOR ISSUES WITH
DIVORCE**

It doesn't matter how you became divorced, there are common issues we all face. Just knowing that you are not alone is a big help. Talking to other folks who share your same concerns, can help you discover strengths you did not know you had, and find the inspiration to continue with the challenges that are part of your every day life. The Family Life Center Group will provide a place where you can meet those helpers.



**A Caring Place
To Learn, To Heal,
To Share Feelings**

**DIVORCE
SUPPORT GROUP**

The Family Life Center
Divorce Support Group
Seven Wednesdays,
beginning October 14,
2009

The Family Life Center

703 Compton Road
Cincinnati, Ohio 45231



**A Faith-Based Outreach of
Northminster Presbyterian
Church**

Tel: 513-931-5777 for
information and for other
groups that provide help for
all ages and stages of
life & life transitions

The Family Life Center
 Divorce Support Group
 Seven Wednesdays, beginning October
 14, 2009
 7:00—9 PM

GROUP SUPPORT AND INFORMATION

Divorce can cause strong feelings such as anger, isolation, depression and confusion. It helps to find others who understand what you're going through, and learn tools for re-adjusting your life. This group will help with information about:

- **Getting over the loss of the other partner and grief over being "single again."
- **Giving up unrealistic expectations that lead to unneeded guilt and frustration.
- **Developing a strong support system.
- **Sources of self-esteem and how to develop better self-esteem.
- **Success stories of other single persons.
- **Balancing parenting and working.
- **Financial and legal issues.
- **Assurance that your family can be "normal."

No fee for class or childcare, books loaned free for your use from the FLC Library.

Sources of Information:

The group facilitators utilize resources including books, hand-outs and group discussion. Books can be borrowed from the Family Life Center Library. Session design is flexible in order to address the specific needs of those who are participating.

Class Facilitators:

David Underwood and his team are our group facilitators. They are experienced with divorce and have training in leading small groups. Guest speakers cover special topics such as depression and legal issues.

FORMAT: Seven sessions on

Wednesday nights. Each week the team will cover a topic related to divorce. We will cover the material through book review, hand-outs, guest speakers, and in small group discussion. The experience of group members contributes to the learning process. This group is designed around your concerns!
 Group size is **limited, sign up now!**



The experiences of others can help us understand ourselves and our feelings.

703 Compton Road
 Cincinnati, Ohio 45231

Bring or mail completed form to address above or fax to: 931-0260
 Phone: 931-5777
 Email: flc@nmpchurch.org

Registration for Divorce Support Group:

Sign up for:	Time	Price
<input type="checkbox"/> 7 Weds. starting 10/14/09	7-9 PM	FREE !!
<input type="checkbox"/> I will need child care during the group		FREE !!
<input type="checkbox"/> Number of children:		
<input type="checkbox"/> Ages and names:		
<input type="checkbox"/>		
<input type="checkbox"/>		

Total: FREE !!

Name _____

Address including zip code _____

Phone and e-mail _____

How did you hear about us?