

starting over: a healing approach to divorce

31st annual series of
public workshop presentations
for people who are...

- undergoing separation or divorce,
- recently separated or divorced, or
- divorced for some time but still looking for resources and support

Sunday, February 12, 2012

Sunday, February 19

Sunday, February 26

Sunday, March 4

5:00 - 7:30 p.m.

presented by the
Louisville Divorce Recovery Support Group
at Crescent Hill Baptist Church
2800 Frankfort Avenue
Louisville, Kentucky 40206
(502) 896-4425
www.drsg.org

Divorce Recovery Workshop
Louisville Divorce Recovery Support Group
at Crescent Hill Baptist Church
2800 Frankfort Avenue
Louisville, KY 40206

What does the Louisville Divorce Recovery Support Group do the rest of the year?

Purpose

Begun in 1982, the Louisville Divorce Recovery Support Group is a single adult ministry of Crescent Hill Baptist Church. Although sponsored by the church, the group is non-denominational and welcomes participants regardless of faith.

The purpose of the group is to provide a place where people in any stage of separation or divorce can share their experiences and provide mutual support. Participants meet in small groups of 8 to 10 people, led by trained facilitators who are themselves alumni of the group.

Confidentiality

Any subject or feeling may be expressed in group, but is not to be mentioned outside of the group to anyone, including the individual who expressed it. (Group leaders will, however, act responsibly if follow-up is necessary.)



Meeting time and location

Except for the annual workshop series described here, the group meets at the church every Sunday evening from 5:00-6:30 p.m. There is no charge for attendance, although a voluntary contribution is taken to help with expenses. Participants may join the group at any time, pre-registration is not necessary, and childcare for infants through fifth grade is provided by church volunteers at no charge.

The group meets in Room 211 in the education wing of the church, located at the corner of Frankfort Avenue and Birchwood Avenue. Please use the lobby entrance on Birchwood Avenue, bear right through the lobby and up the ramp, and take the stairs or the elevator to the second floor. The building is fully accessible.

Workshop Schedule

1 February 12 **Coping with Divorce & Separation**

A panel of recently divorced women and men focuses on the grief process; the physical, social, and emotional impact of divorce; and the unexpected crises that occur. Moderated by Steven Santo, BSEE/MBA and support group facilitator

2 February 19 **Spiritual Aspects of Divorce**

Jim Holladay, M.Div, D.Min, pastor of Lyndon Baptist Church

Psychological Aspects of Divorce

Ed Causey, M.Div, pastoral counselor

This session addresses anger at people and at God, isolation from the church, depression, and feelings of rejection, as well as ways to manage these reactions and find hope.

3 February 26 **Resources for Coping**

Participants choose to attend any two of the following:

- **Loneliness and Gaining a Sense of Self**

Chuck Leach, counselor

- **Forgiveness**

Dale McAbee, M.Div, chaplain

- **How will I know when I am ready to date?**

Michael Taylor, LMFT

- **Codependency**

Tracy Fitzpatrick, counselor

- **Children and Divorce**

John Kravic, Ph.D, counselor

- **Divorce and Adult Children**

Jason and Kate Crosby, adult children of divorced parents

- **Language of Divorce**

Prof. James T.R. Jones, UofL School of Law, and Kathleen M. Jones, staff attorney for Jefferson Circuit Court

4 March 4 **Restructuring Life as a Single Person**

This panel discussion deals with establishing a new identity as a single person, restructuring one's family, managing a career, developing support systems, and establishing new relationships. Moderated by Wade Rowatt, professor of Pastoral Care and Counseling at Baptist Seminary of Kentucky.

Workshop Information

Small groups

The last half hour of each evening is spent in small group discussions led by trained facilitators, giving participants the opportunity to respond to the evening's presentation and to begin to share their own experiences.

Children's Sessions

Divorce is often a time of crisis and confusion for children, so please do bring your children for an enjoyable and meaningful time of healing. Church staff lead first- through fifth-graders in music, recreation, and activities that focus on the special needs and feelings of this time in their lives. Child-care is provided for preschoolers. Please arrive a bit early to settle children into their programs.

Fee

The \$20.00 registration fee for adults includes all four Sunday presentations. Fee assistance is available – just ask when registering. You may pre-register by mail or telephone, or register at the door. There is no charge for the children's sessions.

Directions

The church is located at the corner of Frankfort and Birchwood Avenues in Louisville. Please use the Birchwood Avenue entrance lobby.



Parking

Free parking is available on Frankfort Avenue and in the Crescent Hill Public Library lot a half-block west of the church on Frankfort Avenue.

Meals

A light supper is provided for everyone each evening at no cost by members of Crescent Hill Baptist. Remember to thank them!

For further information

Call 896-4425 or 426-9794 or visit the group's web site, www.drsg.org

Registration for Divorce Recovery Workshop

Name: _____
Address: _____
Phone: _____
Number of children, infant through kindergarten: _____
Number of children, grades 1 through 5: _____
Name(s): _____ Age(s): _____

Email address: _____

_____ who will require childcare
_____ who will require childcare

Registration fee: \$20.00 per adult for the series.

Fee assistance is available.

No charge for children.

Register by mail or at the door before each session.

For more information, call the church office at 896-4425.

Please detach at dotted line and return to:

Louisville Divorce Recovery Workshop
at Crescent Hill Baptist Church
2800 Frankfort Avenue
Louisville, KY 40206