

Louisville Divorce Recovery Support Group  
2800 Frankfort Avenue  
Louisville, Kentucky 40206

**FOR IMMEDIATE RELEASE**

**PRESS RELEASE / PUBLIC SERVICE ANNOUNCEMENT**

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**31<sup>st</sup> ANNUAL DIVORCE RECOVERY WORKSHOP**

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**Divorce Recovery Support Group to offer workshops on four evenings**

Now in its 31<sup>st</sup> year of providing support for men and women going through divorce, the Louisville Divorce Recovery Support Group invites the public to attend a series of four workshops entitled *Starting Over – a Healing Approach to Divorce*. Sessions addressing such issues as anger, loneliness, resocialization, and sexuality will be presented at

Crescent Hill Baptist Church  
2800 Frankfort Avenue, Louisville  
5:00-7:30 p.m. on four consecutive Sunday evenings:  
February 12, 19, and 26, and March 4.

The workshops are intended for people of any age, ethnicity, or faith tradition who are

- in the process of separation or divorce
- recently divorced
- or divorced for some time but still looking for resources to help them cope with and learn from divorce.

Each session will consist of public presentations followed by small group discussions led by trained facilitators who have themselves been through divorce.

**REGISTRATION**

Registration is available at the church before each session. The cost is \$5.00 per evening for adults, and fee assistance is available. Free parking is available on Frankfort Avenue and in the Crescent Hill Public Library lot a half-block from the church. Participants are asked to use the church's Birchwood Avenue entrance. Refreshments will be provided to all by members of the congregation.

**CHILD CARE**

Church staff will provide child care for preschoolers, as well as musical and recreational programs for children in grades 1 – 5 that focus on the children's needs and feelings. There is no charge for the children's sessions. Pre-registration for adults and for children is requested, but not required.

The other 11 months of the year, the support group provides free, non-denominational small group discussions led by trained facilitators every Sunday from 5:00-6:30 p.m., for which no pre-registration is necessary. Further information and links to local, regional, and national divorce support resources are available at [www.drsg.org](http://www.drsg.org)

(continued)

The February 2012 workshop topics:

**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

**February 19 – Understanding Yourself**

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.

- **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

**February 26 - Resources for Coping**

Participants choose to attend any two of the following presentations:

- **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

**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.

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