



Divorce Support Group
Spring 2021
6:30 - 7:30pm

Date	Topic	Type
Thursday, February 4	The Divorce Journey	Virtual
Thursday, February 18	The New Reality	Virtual
Thursday, March 4	The Grief in Divorce	Virtual
Thursday, March 18	Coping with Stress & Change	Virtual
Thursday, April 1	Ocean of Emotion	In-Person <i>(Pending COVID-19 numbers)</i>
Thursday, April 15	Anger	In-Person <i>(Pending COVID-19 numbers)</i>
Thursday, April 29	Co-Parenting & Living in Two Homes	In-Person <i>(Pending COVID-19 numbers)</i>
Thursday, May 13	Communication & Conflict Resolution	In-Person <i>(Pending COVID-19 numbers)</i>
Thursday, May 27	Self-Care & Support	In-Person <i>(Pending COVID-19 numbers)</i>

Need to miss a night of group? Just let us know by emailing Heather@calmwaters.org

* Virtual groups will be hosted for ADULTS ONLY. Calm Waters will continue offering support to children through the Student Support Groups.

*Calm Waters anticipates resuming in-person groups for both children and adults (pending COVID-19 case numbers in Oklahoma City and surrounding areas) beginning the first week of April. Please look out for an email from Calm Waters staff with updates.

...helping children and families in their grief journey caused by death, divorce or other significant loss