



Divorce Support Group A
Fall 2021
Time 6:30pm-7:30pm

Date	Topic
Thursday, August 19	The Divorce Journey
Thursday, September 2	The Grief in Divorce
Thursday, September 16	The New Reality
Thursday, September 30	Coping with Stress & Change
Thursday, October 14	Values & Identity
Thursday, October 28	Anger
Thursday, November 11	Co-Parenting & Living in Two Homes
Tuesday, November 23 * Due to Thanksgiving, group will be held on Tuesday rather than Thursday.	Communication & Conflict Resolution
Thursday, December 9	Self-Care & Support

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

DON'T FORGET TO RESERVE YOUR SPOT!

You'll receive an email link to sign-up at 5:00pm the Friday before each group meeting.

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

*For new participants please register at this link: <https://www.surveymonkey.com/r/MZNS58P>

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