

Divorce Support Group A
Spring 2022
Time 6:30pm-7:30pm

Date	Topic
Thursday, January 27	The Divorce Journey
Thursday, February 10	The New Reality
Thursday, February 24	Worry
Thursday, March 10	Coping with Stress & Change
Thursday, March 24	Values and Identity
Thursday, April 7	Anger
Thursday, April 21	Co-Parenting and Two Homes
Thursday, May 5	Communication
Thursday, May 12	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 reserve your spot at 5:00pm the Friday before each group meeting.

*For new participants please register at this link: <https://www.surveymonkey.com/r/B56J235>

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