



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

Date	Topic
Thursday, January 19	The Divorce Journey
Thursday, February 2	The Grief in Divorce
Thursday, February 16	The New Reality
Thursday, March 2	Coping with Stress & Change
Thursday, March 16	Values & Identity
Thursday, March 30	Anger
Thursday, April 13	Co-Parenting & Living in Two Homes
Thursday, April 27	Communication & Conflict Resolution
Thursday, May 11	Self-Care & Support

**\*\*IF YOU HAVE NOT ALREADY PLEASE REGISTER BEFORE ATTENDING AT THE LINK BELOW**

**After Registering, you will an email link to reserve your spot the week before each group meeting before attending.**

Register at this link: <https://www.surveymonkey.com/r/M9FKCWS>



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

501 N. Walker Ave., Ste. 140 | Oklahoma City, OK 73102 | 405.841.4800 | [Calmwaters.org](http://Calmwaters.org)