



Divorce Support Group A
Spring 2023
Time 6:30pm-7:30pm

| Date | Topic |
|------------------------|-------------------------------------|
| Thursday, August 17 | The Divorce Journey |
| Thursday, August 31 | The Grief in Divorce |
| Thursday, September 14 | The New Reality |
| Thursday, September 28 | Coping with Stress & Change |
| Thursday, October 12 | Values & Identity |
| Thursday, October 26 | Anger |
| Thursday, November 9 | Co-Parenting & Living in Two Homes |
| Tuesday, November 21 | Communication & Conflict Resolution |
| Thursday, December 7 | 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/F8WHQ3M>

...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