



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