



Divorce Support Group
 Spring 2024
 Time 6:30pm-7:30pm

| Date | Topic |
|-----------------------|------------------------------------|
| Thursday, January 25 | The Divorce Journey |
| Thursday, February 8 | The New Reality |
| Thursday, February 22 | Worry |
| Thursday, March 7 | Coping with Stress & Change |
| Thursday, March 21 | Values & Identity |
| Thursday, April 4 | Anger |
| Thursday, April 18 | Co-Parenting & Living in Two Homes |
| Thursday, May 2 | Communication |
| Thursday, May 16 | 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 with this QR code:

...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