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| Date | Topic |
| Thursday, August 28, 2025 | The Divorce Journey |
| Thursday, September 11, 2025 | My Grief Story |
| Thursday September 25, 2025 | Worry |
| Thursday, October 9, 2025 | Coping with Stress & Change |
| Thursday, October 23, 2025 | Values & Identity |
| Thursday, November 6, 2025 | Anger |
| Thursday, November 20, 2025 | Communication & Change |
| Thursday, December 4, 2025 | Self-Care & Support |

Need to miss a night of group? Just let us know by emailing becca@calmwaters.org

**DON’T FORGET TO RESERVE YOUR SPOT!**

**The sign-up link will be sent via email at noon the Monday before each group meeting.**

\*For new participants please register with this QR code:

