



# calm waters

Divorce  
Spring 2026  
Time 6:30pm-7:30pm

Date	Topic
Thursday, January 22, 2026	The Divorce Journey
Thursday, February 5, 2026	My Grief Story
Thursday, February 19, 2026	Worry
Thursday, March 5, 2026	Coping with Stress & Change
Thursday, March 26, 2026	Values & Identity
Thursday, April 9, 2026	Anger
Thursday, April 23, 2026	Communication & Change
Thursday, May 7, 2026	Self-Care & Support

Need to miss a night of group? Just let us know by emailing [riley@calmwaters.org](mailto:riley@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:



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