

ST PATRICK OF HEATHERDOWNS DIVORCED & SEPARATED SUPPORT GROUP



Learn how to deal with all the overwhelming painful issues of a
divorce or separation

We come together to learn about the process of separation, divorce, personal growth,
spirituality, and provide support to one another in complete confidentiality

Topics of Discussion

denial fear family of origin loneliness
friendship guilt rejection grief anger
letting go self worth transition
Love forgiveness trust singleness

2010 Winter Session

Jan 12 19 26 Feb 9 16 23
Mar 9 16 23 30 Apr 13 20 27

Everyone Welcome!

Conference Room Tuesdays 7pm - 9 pm

ST PATRICK OF HEATHERDOWNS PARISH

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