
OUR PURPOSE

We have felt pain like yours and wish to offer you hope and help in your time of need and confusion as others have done for us.

There are no quick fixes. It is a process of becoming whole again. We find that part of that process is being able to learn, to listen to others, and to get our own feelings into the open. This part takes courage because the feelings can be very painful. The workshop is a time to allow ourselves to feel the pain of loss. It does not last forever.

The workshop is for anyone who has experienced loss. It may be a loss through divorce, separation, death of a spouse, or the ending of any love relationship. Anyone experiencing the pain of a loss is a candidate for the workshop.

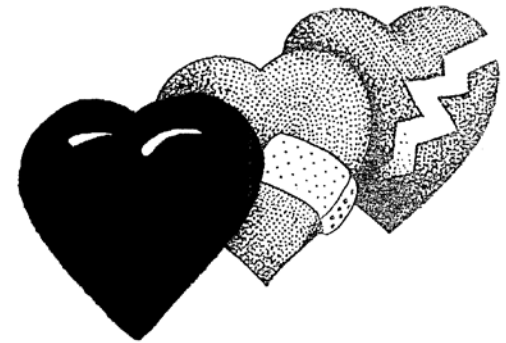
The loss may have been some time ago or only last week. You may have started a workshop before but were not ready to deal with it all or you may now recognize areas that you need further help with. We invite you to come again. We have found it helpful to attend more than one time.

People from every religious background and people without any religious background are all welcome.

"Grant me the peace of mind to accept the things I cannot change,
the strength of character to change
the things I can,
and the wisdom to know the
difference."

Rebuilding

Divorce Recovery & Loss Workshop



A workshop and
seminar for persons experiencing
grief and confusion as a result of
divorce, separation
or the ending of a relationship.

Sponsored by:
Lucas Valley Community Church
2000 Las Gallinas Ave.
San Rafael, (Marinwood)
CA 94903 (415) 479-8987

ABOUT THE WORKSHOP

This type of recovery workshop has been offered in our county for many years. It's a hope producer during an incredibly difficult time when that seems unlikely.

Our leaders have been working with divorcing people for many years and through the workshop format they are able to bring tools for growth and healing learned from their own experiences. All are volunteers.

We concern ourselves with a different topic for nine consecutive weeks. After a 45 minute topical introduction each week, we convene in small groups where the love and support of group caring becomes a source of strength for all.

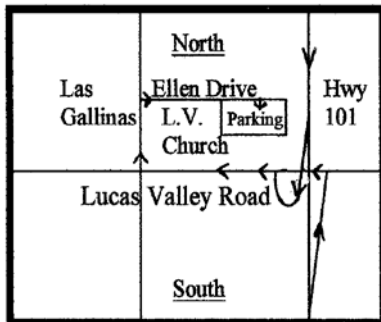
DETAILS

When: TUESDAYS 7:00 to 8:45pm
Check www.lucasvalleychurch.org for session dates or call the church office

Where: Lucas Valley Community Church
2000 Las Gallinas Ave.
San Rafael (Marinwood), CA 94903
415-479-8987

Who: All those who are experiencing the ending of a relationship.

Cost: **\$25 is the total cost** for the nine weeks, including all materials. Scholarships are available.



TOPICS TO BE COVERED

- 1st Week** - Introduction, Rebuilding
- 2nd Week** - Denial, Fear, Adaptation,
- 3rd Week** - Loneliness, Friendships
- 4th Week** - Guilt & Rejection, Grief
- 5th Week** - Anger & Forgiveness
- 6th Week** - Letting Go, Self Worth
- 7th Week** - Openness, Love, Trust
- 8th Week** - Are the Kids alright? How divorce affects children of all ages
- 9th Week** - Hope & Help; Parenting Post-Divorce

REGISTRATION

Please call (415) 479-8987 if you have any questions, would like to pre-register by phone, or to speak with the program facilitator. You can also register by mailing the attached registration to our church.

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Please register me for the next
DIVORCE RECOVERY WORKSHOP

Name _____

Address _____

Day Phone _____

Email _____

Enclosed is my check for **\$25.00**
Payable to: **Lucas Valley Community Church**
2000 Las Gallinas Ave., San Rafael, CA 94903

I would like to come but I need financial aid

THE TEN COMMANDMENTS (or great suggestions) FOR FORMERLY MARRIEDS

1. Thou shalt not live in the past.
2. Thou shalt be responsible for your present and not blame your past.
3. Thou shalt not feel sorry for thyself, indefinitely.
4. Thou shalt assume your end of the blame for your divorce.
5. Thou shalt not try to reconcile thy past with a quick remarriage.
6. Thou shalt not make thy children victims of the past mistakes.
7. Thou shalt not speak evil of your departed spouse in front of the kids.
8. Thou shalt learn all thy can about single parenting and get on with it.
9. Thou shalt ask others for help when you need it.
10. Thou shalt ask God for the wisdom to bury yesterday, to create today and plan for tomorrow.

Included in the course fee is the best selling book "Rebuilding" by Bruce Fisher as the workshop resource.

... "This book deals with the everyday feelings and problems of the divorcing and divorced."

"A remarkably practical resource"