



Holiday Helps for the Divorced and Separated

Join us for a special 4-week drop-in support group for those having difficulty facing the holidays as a result of separation and divorce. Attend one session, all four, or anything in between

**December 4 and 11, 2018
January 8 and 15, 2019
Tuesday Evenings 7:00-9:00 PM**

**St. Noel Church
35200 Chardon Road, Willoughby Hills**

Each week will begin with an open discussion of current concerns followed by a specific topic:

- Week 1: **Building New Holiday Traditions** ~ *Identify concerns and issues with the upcoming holiday season and discover opportunities to do something different—new traditions can be very positive.*
- Week 2: **Identifying and Managing the Emotions of Divorce** ~ *Identify and learn to manage the strongest emotions common in separation and divorce.*
- Week 3: **Reframing the Situation and Improving Your Outlook** ~ *Look to open the opportunities for growth and new beginnings. Focus on how to rebuild trust, forgive, and move forward.*
- Week 4: **Turning a Corner and Facing a New Year** ~ *Understanding your wants and needs and rebuilding a life, making long and short term goals.*

For more information or to register, call Karen at 440-352-8282 or email kjubeck@st-gabriel.org. This program is offered free of charge and open to people of all faiths.