



## Is DivorceCare for me?

Divorce is one of the most painful experiences you can face. So many emotions. So many challenges.

You don't have to go through it alone.

DivorceCare offers support, answers, and practical tools to help you manage the many stresses of separation and divorce and find healing.

*“Within minutes I felt accepted and safe.”*

If you could use help with any of the topics below, DivorceCare is for you.

## DivorceCare topics

### Emotional healing

Deep hurt  
Anger  
Grief & depression  
Loneliness  
Fears & anxiety

### Overcoming relationship struggles

Family & friends after divorce  
Conflict  
Forgiveness  
Interacting with your ex

### Handling practical challenges

Single living  
Financial & legal issues  
Moving forward

## How will DivorceCare help me heal?

DivorceCare is a 13-week support group that helps you heal from the pain of separation or divorce. The experience involves three main components designed to help in that healing.

### Video seminar

- 30-minute video
- Practical advice and insights from divorce recovery experts
- Real-life stories from people who have been where you are

### Focused support group

- Discussing what you learned from the video
- Talking about how to apply it
- Sharing how each group member is doing (only if you want to share)

### Participant guide

- Exercises and articles for recovery and personal growth
- Parenting tips
- Practical tools to help you heal



## How do I join a group?

*See the information below:*

### Need another day or time?

Visit [divorcecare.org/findagroup](https://divorcecare.org/findagroup) to find a list of groups in your area. Or find a group meeting online.

### Find a group today!

#### Online groups available!

Watch the videos from your own device, then connect with an online group for discussion.