

50% of marriages end in divorce.

You are not alone.

Divorce is a personal crisis on so many levels. No matter what the circumstances, it is a time of loss and therefore grieving. So many aspects of one's life are affected: children, finances, self-worth, sexuality, emotions. Above all, divorce is a *spiritual* crisis that crosses all boundaries of religion, creed or belief system.

## TESTIMONIALS

"It pulled me out of my madness and helped me stand strong." - Pam

"It renewed my faith and spirituality." - Glenn

"It's been a phenomenal learning lesson and to be able to give back is a huge thing." - Ivor

"It has given me tremendous support. I find that there is a great need for somebody to listen to you who understands you. It's so nice to have a place where you don't have to feel guilty or ashamed" - Mette

## SEMINAR TOPICS

1. Separation Hurts
2. Dealing with Anger
3. Overcoming Sadness
4. Calming your Fear
5. Parenting
6. Managing Guilt
7. Financial Recovery
8. Loneliness & Dating
9. Finding Help & Support
10. Forgiveness
11. Spirituality
12. Healing & Acceptance

# *Separated? Alone? Hurting?*

Suddenly Separate  
A Practical and Spiritual  
Recovery Program



Discover the journey  
to healing and hope

***Suddenly Separate is both an educational and support group for all separated or divorced persons***

**SUPPORT** ~ Going through a separation or divorce is an incredibly painful experience. It can be as if your life has become a complete train wreck. In an instant, everything changes. Whether you have had a short committed relationship or a long marriage, you may find yourself on a roller coaster of emotions: anger, sadness, guilt and fear. Friends may desert you or simply not know what to say. When all this adds up you may well be plunged into a spiritual crisis. That's why we created *Suddenly Separate* – the complete separation and divorce recovery program for small groups.

**SEMINAR** ~ *Suddenly Separate* is an educational program as well as a support group. The twelve 30-minute DVDs cover such topics as forgiveness, dating, raising children, finances, and how to move on from this

stage of your life. As you work through the program you will discover ways to experience relief from your pain, fear and hopelessness. Group leaders are there to help—they are caring people who have been through a divorce themselves.

**SPIRITUAL** ~ Unlike other divorce-help programs *Suddenly Separate* is a *spiritual* program because divorce is a spiritual crisis. The program is specifically designed to be **inclusive of all spiritual traditions and philosophies** and is appropriate for those with no religious beliefs at all. *Suddenly Separate* will be particularly helpful to those who may be alienated from their spiritual communities because of doctrine around divorce.

**INCLUSIVE** ~ *Suddenly Separate* is inclusive of everyone who feels the pain of a broken relationship—including separated spouses or partners of same-gender couples.

Wednesday evenings

7-9 pm

February 15—May 2

at

Gilmore Park United Church

***This will be a Men-only group***

***Pre-register by Friday, February 10.***

***Space is limited.***

Gilmore Park United Church

8060 Number One Road

Richmond, BC. V7C 1T9

(604) 277-5377

[gilmorepark@telus.net](mailto:gilmorepark@telus.net)

Cost : \$30 suggested donation — includes workbook and refreshments. A donation is not necessary if the cost is prohibitive.