

## ABOUT THE SESSIONS

*Rebuilding When a Relationship Ends* is a highly regarded program used to minister to hurting individuals. The workshop is based on the belief that if given information, guidance and emotional support, healthy people can adjust to the ending of a relationship through separation, divorce or death and experience personal growth. The workshop is an ongoing outreach ministry of Parkway Heights United Methodist Church that is open to the community.

### Where:

Parkway Heights United Methodist Church  
Youth Chapel  
2420 Hardy Street, Hattiesburg, MS 39401

### When:

Monday evenings @ 6:45 p.m.  
March 29 — May 24, 2021

### Cost:

\$30 - Includes Dr. Bruce Fisher's book, *When Your Relationship Ends*, and loan of other resource books and materials for parents, widowed and divorced persons. Flexible payments and scholarships are available.

### Registration:

Call the Church Office at 601.544.7873 or use the form provided in this brochure. You can also register online at [parkwayheights.org/home/studies-groups](http://parkwayheights.org/home/studies-groups).

Unfortunately, childcare will not be available during this session.

### For More Info:

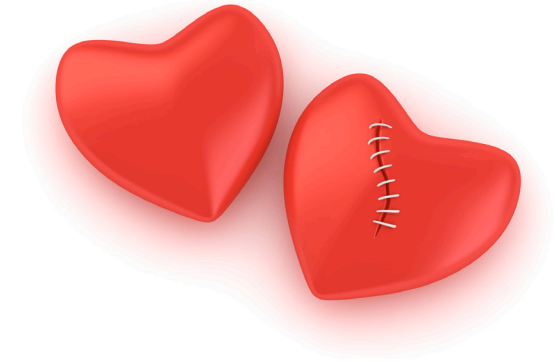
Visit [facebook.com/divorcegriefrecovery](https://facebook.com/divorcegriefrecovery)

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### Parkway Heights UMC

2420 Hardy Street • Hattiesburg, MS 39401  
601.544.7873

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Hattiesburg, MS 39401



## Rebuilding When A Relationship Ends

SPRING 2021



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A community workshop sponsored by  
Parkway Heights United Methodist Church

# WORKSHOP TOPICS

## MARCH 29 — Chapter 1 Enduring a Love Relationship & Rebuilding

- Steps of rebuilding that end with freedom
- Expectations, guidelines, rules for group dynamics

*Presenter: Rev. David Sellers  
Pastor, The Open Door Community  
Spiritual Director, Pine Grove Behavioral Health and  
Addiction Services*

## APRIL 5 — Chapters 2, 3, 4 Oh No, Not Me!

- Fear, denial, adaptation
- Have I developed adaptive behaviors?

*Presenter: Paul "Doogie" Roller  
United Methodist minister & financial advisor*

## APRIL 12 — Chapters 5, 6 Where Has Everyone Gone?

- Who will take care of me?
- I'm so lonesome
- Where are all my friends?

*Presenter: Linda Vasquez, Ph.D.  
Executive Director, D.R.E.A.M. of Hattiesburg*

## APRIL 19 — Chapters 7, 8, 9 The Terrible Feeling of Loss

- Denial, fear, bargaining
- Unmet expectations
- It's over!
- Is it okay to be angry?

*Presenter: Rev. Dr. Susan Bear  
Retired Rector  
Episcopal Church of Ascension*

## APRIL 26 — Chapters 10, 11, 12 Letting Go of Past Attachments/Self-Worth

- Are you still trying to get even?
- Trying to hold on to a dead relationship?
- Who determines my worth?

*Presenter: Lou Ann Morris  
Facilitator of Rebuilding When a Relationship Ends*

## MAY 3 — Chapters 13, 14 Removing the Mask/Redefining Love

- Have you hidden behind a mask?
- Could someone love the new me?

*Presenter: Carolyn Karlovich  
Facilitator of Rebuilding When a Relationship Ends*

## MAY 10 — Chapters 15, 16 Learning to Trust Again/Developing Relationships

- Can I love again?
- What kind of relationships do I attract & offer?

*Presenter: Amanda Heitmuller, LCSW  
The Hope Center*

## MAY 17 — Chapters 17, 18, 19 Challenge of Being Single/Sexuality

- Finding meaning, making choices
- Who determines my behavior?
- Dealing with sexual feelings (sex & single—again)

*Presenter: Stewart Eaton, M.A.  
Clinical Therapist, Pine Grove Behavioral Health and  
Addiction Services*

## MAY 24 — Chapter 20 Freedom to Fly

*Presenter: Nancy Steen, Attorney at Law  
Family Law and Divorce*

## Registration Form

Please register me for the **Rebuilding** workshop beginning Monday, March 29.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ ZIP \_\_\_\_\_

Home Phone \_\_\_\_\_

Cell Phone \_\_\_\_\_

Email \_\_\_\_\_

Circumstances:

Separation                       Divorce

Death of Spouse               Single, break-up

Church Affiliation \_\_\_\_\_

Birth Date (year not necessary) \_\_\_\_\_

How did you hear about this workshop?  
\_\_\_\_\_

**Enclosed is my check for \$30 made payable to  
Parkway Heights United Methodist Church.**

Please detach and mail to:  
Divorce/Rebuilding Workshop  
Parkway Heights United Methodist Church  
2420 Hardy Street  
Hattiesburg, MS 39401  
or register at [parkwayheights.org](http://parkwayheights.org)