

DIVORCED? SEPARATED? WE CAN HELP

DIVORCE *Care*[®]

Weekly seminar topics

What's Happening to Me?
The Road to Healing/Finding Help
Facing My Anger
Facing My Depression
Facing My Loneliness
What Does the Owner's Manual Say?
New Relationships
Financial Survival
KidCare
Single Sexuality
Forgiveness
Reconciliation
Moving On, Growing Closer to God

When to begin

You are welcome to begin attending our DivorceCare group at any point. Each session is "self-contained," so you do not need to attend in sequence. You will be able to pick up any sessions you missed in our next 13-week cycle.

"Every piece of DivorceCare wisdom that I followed turned out well."

In their own words

Here is a small sample of the feedback we've received from the hundreds of thousands of people who've participated in DivorceCare groups:

"It changed my life at a time when I thought my life was over."

"Within minutes I felt accepted and safe."

"I did not want to go, not at all, but it was the BEST THING I DID!"

"I got my hope back."

"If this wasn't available, I would still be home crying."

"I know that I am not alone."

"DivorceCare was a very positive experience for me. Painful, oh you bet! But in DivorceCare I finally had people to talk to and listen who knew exactly what I was going through."

"Gave me hope and tools to move on."

"I promise it will be worth it 100 times over if you just take the leap of faith and go."

"I am at peace."

"My life was pretty much in shambles when I began DivorceCare. This program has totally changed the direction of my life."

www.divorcecare.org

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DIVORCE SUPPORT GROUP

DivorceCare helps you recover from the pain of separation and divorce

Our weekly schedule

The support you need. Information you can trust.

Unless you've been there, it's hard to understand the hurt that comes from separation and divorce. That's why many of your friends and family don't fully understand what you are going through and don't know how best to help you.

We do. Our DivorceCare group is led by people who have been through divorce and successfully rebuilt their lives. We understand how you feel because we've been in the same place. We'll show you how to deal with the hurt caused by your separation or divorce.



About DivorceCare

DivorceCare is a network of 15,000+ churches worldwide equipped to offer divorce support groups. The program is nondenominational and features practical information and biblical teaching for recovering from divorce or separation. Learn more about DivorceCare at www.divorcecare.org.

What to expect

DivorceCare is a support group that meets weekly. You'll find it to be a warm, caring environment and will come to see your group as an "oasis" in an otherwise difficult season of your life. There are three key parts to your DivorceCare experience:

Video seminar

Encouraging and information-packed videos featuring leading divorce recovery experts

Support group

Small group discussion about the weekly video content and the issues faced by individual group members

Workbook

Journaling and personal study exercises that reinforce the weekly session topics



Bedford Community Church
Divorce Care schedule is run in 13
week cycles.

We typically run two (2) cycles a
year – one in the Fall, and one in
the Spring.

For more information about the
program or when the next cycle of
DC begins, please contact Lois
Shellrude, Pastor of Adult Ministrie
at:

Lois@bedfordcommunitychurch.org

or 914-205-7662

This program is FREE. The group
is for both men and women.

You are welcome to join
at any time!

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