



Superintendent Darnell Thomas, Pastor
 Missionary Phyllis Thomas, First Lady
 3836 48th Avenue - Sacramento, California 95823
 (916) 391-9833 - www.showersofblessingscogic.org
DivorceCare@showersofblessingscogic.org



Hurting from the pain of
separation or divorce?

*Join us to discover
 hope, help, and
 healing!*



For more information, please contact
 Dr. Donna Hammock at
DivorceCare@showersofblessingscogic.org.

MEETING DATES AND TIMES

Dr. Donna Hammock, Spiritual Advisor

All meetings will be held at the
 Showers of Blessings Executive Plaza
 7100 Bowling Drive, Sacramento, California 95823

1. Saturday, December 3, 2022 - 10:00 am – 12:00 pm – Deep Hurt
2. Saturday, December 10, 2022 - 10:00 am – 12:00 pm – Road to Recovery
3. Saturday, December 17, 2022 - 10:00 am – 12:00 pm – Anger
(Watch Surviving the Holidays Video)
4. Saturday, January 7th, 2023 - 10:00 am – 12:00 pm - Grief & Depression
5. Saturday, January 14th, 2023 - 10:00 am – 12:00 pm - Loneliness
6. Saturday, January 21st, 2023 - 10:00 am – 12:00 pm – Fears & Anxiety
7. Saturday, January 28th, 2023 - 10:00 am – 12:00 pm – Family & Friends
8. Saturday, February 4th, 2023 - 10:00 am – 12:00 pm – Financial & Legal
9. Saturday, February 11th, 2023 - 10:00 am – 12:00 pm – Conflict
10. Saturday, February 18th, 2023 - 10:00 am – 12:00 pm – Forgiveness
11. Saturday, February 25th, 2023 - 10:00 am – 12:00 pm – Former Spouse
12. Saturday, March 4th, 2023 - 10:00 am – 12:00 pm – Single Living
13. Saturday, March 11th, 2023 - 10:00 am – 12:00 pm – Brighter Days

To register for 13-week sessions:

- Go to www.divorcecare.org
- Drop down menu on top right corner
- Click on "Find a group"
- Put in zip code 95823
- Click on "Find a group"
- Before clicking "Register for this group", scroll down to view a brief video of what you can expect. Then, when you see Showers' name back at the top page, click "Register for this group"
- I will receive a message that you've registered and then I will send you another personal message with instructions on how to join the video sessions.

Participants' Workbook Information:

- Participants workbook cost: \$20.00
- Order directly from DivorceCare.org
- Mail directly to your address before the sessions starts.