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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

Sessions will be held on Zoom.com. Meeting ID and Passcode will be provided to those who register.

Sessions	Date	Time
Session 1 - Deep Hurt	Sat, Jan 07, 2023	10:00 am – 12:00 pm
Session 2 - Road to Recovery	Sat, Jan 14, 2023	10:00 am – 12:00 pm
Session 3 - Anger	Sat, Jan 21, 2023	10:00 am – 12:00 pm
Session 4 - Grief & Depression	Sat, Jan 28, 2023	10:00 am – 12:00 pm
Session 5 - Loneliness	Sat, Feb 04, 2023	10:00 am – 12:00 pm
Session 6 - Fears & Anxiety	Sat, Feb 11, 2023	10:00 am – 12:00 pm
Session 7 - Family & Friends	Sat, Feb 18, 2023	10:00 am – 12:00 pm
Session 8 - Financial & Legal	Sat, Feb 25, 2023	10:00 am – 12:00 pm
Session 9 - Conflict	Sat, Mar 04, 2023	10:00 am – 12:00 pm
Session 10 - Forgiveness	Sat, Mar 11, 2023	10:00 am – 12:00 pm
Session 11 - Former Spouse	Sat, Mar 18, 2023	10:00 am – 12:00 pm
Session 12 - Single Living	Sat, Mar 25, 2023	10:00 am – 12:00 pm
Session 13 - Brighter Days	Sat, Apr 01, 2023	10:00 am – 12:00 pm

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.