10 Keys to Recovering from Divorce
A Workshop for Separated and Divorced Men and Women

Thursday, January 16
7-8:30 pm
Saint Brigid Ministry Center

Are you separated or newly divorced? Have you been divorced for a while but you are still in need of healing? Come join other separated and divorced men and women for this informative workshop. You are not alone. We are here to support you on your journey to hope and healing.

The 10 Keys to Recovering from Divorce Workshop will cover:

• Why Divorce Hurts so Intensely
• Navigating the Grief Cycle
• Why your Catholic Faith is Essential to Healing
• 10 Critical Keys to Recovery
• Things to Avoid, Things to Do
• Information about a 11-Week Support Group beginning January 30.

Sponsored by the Saint Brigid Parish Divorce Support Ministry.
To register, or for more information, email divorcesupport@saintbrigidparish.org, visit saintbrigidparish.org/divorce, or call 858.483.3155.