

## DIVORCE STATISTICS

Divorce is a national epidemic with more than 1,000,000 divorces each year -- about 50% of the annual marriages! Estimates of how many first marriages end in divorce vary, but the divorce rate increases for each subsequent marriage. More than 75% of divorced people re-marry, and they often neglect to confront the issues that contributed to the failure of a previous marriage.

In Trumbull County, about 2,500 people experience the devastation of divorce each year, representing an annual average of 65 to 80 divorces for every 100 marriages! Thousands of others are deeply affected by divorce (i.e., children, parents, etc.), thereby elevating the tragedy from personal to the community at large.

## GROWING THROUGH DIVORCE

Recovery from divorce requires dealing with deep and specific needs so that the fullness and joy of life can be restored. "You can GO through divorce, or you can GROW through it," says Jim Smoke, author of the popular and practical book - *Growing Through Divorce*.

The Workshop uses videos to introduce each weekly topic to all participants, and then breaks into small groups for confidential discussion of the material.

- The video series was made by one of the most successful workshops on divorce recovery in the country, having helped more than 13,000 people "grow through divorce" since 1981!
- The small group experience is rated by past participants as making the greatest contribution to their healing and growth.

No matter how close or distant the divorce experience is for you, you will find the video presentations, coupled with the mutual support and understanding of others dealing with similar issues, to be tremendously helpful in making one of life's most difficult adjustments.

Two Workshops are offered each year. If the timing of this Workshop is not right for you, please call for the dates of the next Workshop and ask to be added to our mailing list.

## WHAT DO PAST PARTICIPANTS SAY?

*"I found the sessions very worthwhile and reassuring. It helped me come to the realization that I was not the only one going through the divorce process. It's good to recognize that not everyone progresses through the various stages at the same pace and, for some, it takes longer to come away feeling better about yourself."*

- Richard (Human Resource Specialist)

*"I would encourage anyone to come to this Workshop."*

- Bobbi Jo (Nurse)

*"The Workshop helped me to see that my feelings were not unique -- many others were suffering also. But, there is hope and recovery, and we must go on with our lives. The encouragement from the Workshop was a BIG help!"*

- Cliff (Factory Worker)

*"From pain and devastation to hope, healing and growth."*

- Katie (School Teacher)

*"The Workshop brought me in touch with people who understood me, who helped me to lift my head up again. It helped me to open my eyes to see fully what I was going through, where I was going, and to put it all in perspective."*

- Michael (Information Analyst)

*"If you put effort into the Workshop, you will receive ten-fold back in personal growth and support."*

- Bill (Human Resource Specialist)

*"The Workshop helped me confront some of the feelings that I didn't want to acknowledge within myself. It helped me to assume more responsibility for my own thoughts, feelings and actions, rather than blaming someone else for them."*

- Vickie (Chaplain)

*"Go with an open mind and enjoy yourself!"*

- Kathy (Secretary)



## A Workshop for EVERYONE Who Is Divorced or Separated

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Eight Consecutive Monday Evenings  
**February 9 – March 30, 2009**  
7:00PM – 9:00PM

### EXPANDED PROGRAM

Two weeks have been added to the usual six-week program so you can meet specialists who will address the following worthy topics and answer your questions:

- *The Legal & Financial Issues of Divorce*
- *How to Manage Your Money*
- *Divorce & Re-Marriage: What Does the Bible Teach?*

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### North-Mar Church

3855 East Market Street, Warren, OH 44484  
**(330) 856-3496**

Website:  
[www.northmarchurch.com/divorcerecovery.cfm](http://www.northmarchurch.com/divorcerecovery.cfm)

## PROGRAM

This Workshop is designed to help you deal with the devastation and pain of divorce, and to set you on a positive path toward the future.

Many divorce recovery programs are designed to permit participants to select which sessions to attend according to their interests. We, however, encourage participants to attend both the video and the small group sessions of all six sessions of this Workshop, from the beginning, in order to understand the full range of issues surrounding the divorce experience and to achieve the maximum benefit from the Workshop.

The study guide for the Workshop is Jim Smoke's book, *Growing Through Divorce*.

### WEEKLY TOPICS

#### Week One

#### **Is This Really Happening to Me?**

The Three Stages of the Divorce Experience

#### Week Two

#### **Coping with Your Ex-Spouse**

A Relational Reality that Continues to Exist

#### Week Three

#### **Assuming New Responsibilities**

Planning For Yourself and Your Future

#### Week Four

#### **Being a Single Parent**

Becoming a Whole Family

#### **For Non-Parents**

Topic to be Announced

#### Week Five

#### **Finding & Experiencing Forgiveness**

Overcoming Hate and Hurt

#### Week Six

#### **Thinking About New Relationships**

Relating, Dating and Mating

## WHO SHOULD ATTEND

You are welcome to attend, regardless of religious background or church affiliation, if you are divorced, separated, or experiencing the breakup of your marriage.

Even if you have been divorced for several years, the Workshop can help you identify and work through "unfinished business" that may be having a negative impact on your life today, or may do so in the future.

The Workshop is designed for people who are adjusting to the finality of a broken marriage. It is not for people who have a desire and a realistic opportunity for reconciliation, for those suffering from a failed relationship outside of marriage, or for those coping with the loss of a spouse through death.

## DETAILS

### Location

North-Mar Church is located on the north side of East Market Street just west of North Road. Use the west parking lot entrance and go to Fellowship Hall.

### Cost

First-time ("New") participants:

- \$30.00 with pre-registration
- \$40.00 with registration at the door
- Includes the study guide, *Growing Through Divorce*

Prior ("Repeat") participants of this Workshop:

- \$15.00 with pre-registration
- \$25.00 with registration at the door
- Study guide not included

### Pre-Registration & Registration

If you pre-register at least one (1) week before the first session, you save money while enabling us time to plan more effectively. To pre-register, simply detach, complete and mail the registration form with the appropriate fee. Registration is available at the door during only the first two sessions.

### Childcare

Childcare is provided at no charge with a reservation. Please call us one (1) week in advance.

### Questions?

Call us any weekday between 8:30AM and 4:30PM at (330) 856-3496. We would be glad to help!

<p style="font-size: small;">Pay registration fee by cash or check payable to North-Mar Church. Mail completed form with registration fee to:</p> <p style="text-align: center;"><b>North-Mar Church</b> 3855 East Market Street ■ Warren, OH 44484</p>	<p style="text-align: center;"><b>REGISTRATION</b></p> <p style="text-align: center; font-size: x-small;">All information will be kept confidential Please Print Legibly</p>	<p><b>Information needed for small group assignment:</b></p> <p>Age: <input type="checkbox"/> Under 35 <input type="checkbox"/> 35-44 <input type="checkbox"/> 45-54 <input type="checkbox"/> 55+</p> <p>Divorce Status: <input type="checkbox"/> Final (Month: _____ Year: _____)  <input type="checkbox"/> Pending <input type="checkbox"/> Separated # Years Married: _____          Any children? <input type="checkbox"/> No <input type="checkbox"/> Yes Age(s): _____ Have custody? <input type="checkbox"/> Yes <input type="checkbox"/> No</p>	<p><b>For Workshop use only</b></p> <p>Prior Workshop _____</p> <p>Payment: <input type="checkbox"/> Cash <input type="checkbox"/> Check # _____          Date _____ Amount _____</p> <p style="text-align: right;">Small Group</p>												
<p><b>Registration Fees</b></p> <table style="width: 100%; border: none;"> <tr> <td style="font-size: x-small;">Type of Participant:</td> <td style="font-size: x-small;">New</td> <td style="font-size: x-small;">Repeat</td> </tr> <tr> <td style="font-size: x-small;">Pre-Registration</td> <td style="font-size: x-small;">\$30.00</td> <td style="font-size: x-small;">\$15.00</td> </tr> <tr> <td style="font-size: x-small;">Register at the door</td> <td style="font-size: x-small;">\$40.00</td> <td style="font-size: x-small;">\$25.00</td> </tr> <tr> <td style="font-size: x-small;">Book included?</td> <td style="font-size: x-small;">Yes</td> <td style="font-size: x-small;">No</td> </tr> </table>	Type of Participant:	New	Repeat	Pre-Registration	\$30.00	\$15.00	Register at the door	\$40.00	\$25.00	Book included?	Yes	No	<p> <b>Divorce Recovery Workshop</b></p> <p>Mr. <input type="checkbox"/> Ms. <input type="checkbox"/> Name _____</p> <p>Address _____</p> <p>City _____ State _____ Zip _____</p> <p>Phone (____) _____ <input type="checkbox"/> Home <input type="checkbox"/> Work <input type="checkbox"/> Mobile</p> <p>Email address: _____</p>	<p><b>Where did you first hear of the Workshop?</b></p> <p><input type="checkbox"/> Church <input type="checkbox"/> Friend/family <input type="checkbox"/> Counselor <input type="checkbox"/> Newspaper  <input type="checkbox"/> Radio <input type="checkbox"/> Other (Explain _____)</p>	
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