

## CHILDREN'S WORKSHOP

A workshop for elementary school children (K-5th grades) is included in your registration cost. Caring leaders will supervise children and lead them through a variety of activities designed to encourage children to share the feelings they are experiencing as they walk through their parents' divorce.

## NURSERY CHILDCARE

Childcare for children birth through 5 years (not in Kindergarten) is available through the nursery located on the first floor.

Leaders have been trained, have passed a background check and have a heart for children facing divorce.

It is important that your children arrive on time and attend each week in order to receive the full benefit of the workshop.

Please feed your children dinner prior to the workshop. Each night a snack will be served and on week seven the elementary kids will be fed pizza for dinner.

 **First Presbyterian**  
Church  
**CARING MINISTRIES**  
219 E. Bijou Street  
Colorado Springs, CO 80903

# DIVORCE RECOVERY WORKSHOP



PROVIDING HOPE AND HEALING  
FOR PERSONS OF ALL AGES

**Tuesday Evenings**  
**February 7 - March 20, 2012**

Sponsored by Caring Ministries  
219 East Bijou Street • Colorado Springs, CO 80903  
884-6145 • [www.first-pres.org](http://www.first-pres.org)



**First Presbyterian**  
Church

**DIVORCE  
RECOVERY  
WORKSHOP  
DETAILS**



**WHEN:**  
Tuesdays, February 7 - March 20, 2012  
6:30 - 8:30 p.m. (6:10 p.m. on 1st night)

**WHERE:**  
Fellowship Hall, First Presbyterian Church,  
Weber and Bijou Streets. Follow posted signs.  
(Free parking in the Church/Y parking  
garage on Bijou Street north of Hansen Hall  
or in the Weber Street parking lot east of  
Hansen Hall.)

**WHO:**  
Anyone who has separated or divorced  
with no hope of reconciliation.

**COST:**  
\$45 (\$40 if paid by January 31)  
No Refunds.

**REGISTRATION:**  
Mail to the Caring Ministries Office. Call  
884-6145 for further information any week-  
day between 9 a.m. and 5 p.m. Fee must  
accompany registration for your place to be  
held. Registration and small groups for adults  
and children close after the second night of  
the workshop.

*"DRW helped me cope with, and grow  
through the most difficult time in my life. It  
made it possible for me to reach out to oth-  
ers for help, and to give back in return."  
Kaelin Kelleher*

*Offered semi-annually since 1977, this  
workshop has ministered to more than  
10,000 individuals in the Colorado  
Springs area.*

**ADULT WORKSHOP TOPICS**

Adult workshops consist of approximately  
one hour in large group listening to a  
speaker and one hour in small groups,

**Session 1 - February 7**

Reality Check  
Accepting & Understanding Your New Reality

**Session 2 - February 14**

Responding to Your Emotions  
Understanding & Dealing with  
the Emotional Roller Coaster

**Session 3 - February 21**

Rebuilding Your Coping Skills  
Learning to Cope with Loss,  
Pain & the Stress of a Break-Up

**Session 4 - February 28**

Reinventing You & Your Future  
Becoming Whole as You Grow Through  
This Experience, Plan for Your Future,  
Make Good Choices & Assume  
New Responsibilities

**Session 5 - March 6**

Releasing & Forgiving  
Healing Through Forgiveness

**Session 6 - March 13**

Resolving Conflict  
Responding to the Opportunities  
Conflict Provides

**Session 7 - March 20**

Relating in New Ways  
Thinking About New & Meaningful  
Relationships, Combating Loneliness,  
& Developing Healthy Support Systems

**Session 8 - (Optional) - March 27**

Remembering Your Kids (Parents only)  
Helping Your Kids Through the Divorce

(Checks payable to First Presbyterian Church, Mail to Congregational Support, 219 East Bijou Street, Colorado Springs, CO 80903)

**DIVORCE RECOVERY WORKSHOP REGISTRATION FORM — WINTER 2012**

Please mark all categories that apply to help us place you in  
an appropriate small group:

- Separated less than 1 year
- Married 15 years or less
- Married 16 years or more
- Child-related issues
- No child-related issues

AGE RANGE: \_\_\_ Under 35 \_\_\_ 36-45 \_\_\_ 46-55  
\_\_\_ 56 and up

How did you hear about DRW? \_\_\_\_\_

NAME \_\_\_\_\_ Circle: M F

Address \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Wk Phone \_\_\_\_\_

Workshop Fee if paid by January 31 \_\_\_\_\_ \$40

Workshop Fee if paid after January 31 \_\_\_\_\_ \$45

**CHILD REGISTRATION:**

Name \_\_\_\_\_ Grade \_\_\_\_\_  
Name \_\_\_\_\_ Grade \_\_\_\_\_  
Name \_\_\_\_\_ Grade \_\_\_\_\_

I NEED CHILDCARE: (List number of children) \_\_\_\_\_

Newborn through Age 2 \_\_\_\_\_ Age 3, 4, 5 \_\_\_\_\_