

Registration

Call the
Marriage and Family Life Office
at (614) 241-2560
for current workshop offerings.
Complete the attached registration
form and mail with a check for

\$40.00 to:

Marriage and Family Life Office
Diocese of Columbus
197 E. Gay St.
Columbus, Ohio 43215

*“Fear not, I am with you;
be not dismayed;
I am your God.
I will strengthen you,
and help you.”*

-Isaiah 41:10

Your life is a sacred journey.
And it is about change, growth,
discovery, movement,
transformation, continuously
expanding your vision of what is
possible, stretching your soul,
learning to see clearly and deeply,
listening to your intuition,
taking courageous challenges at
every step along the way.

You are on the path...

And from here, you can only go
forward, shaping your life story into
a magnificent tale of triumph,
of healing, of courage, of beauty,
of wisdom, of power,
of dignity, and of love.”

-Carolyn Adams



Marriage and Family Life Office
Diocese of Columbus
197 E. Gay Street
Columbus, Ohio 43215

614/241-2560 or flomailbox@colsdio.org
Website: www.familylife.colsdio.org

Divorce Workshop



Marriage and Family Life Office
Diocese of Columbus

Divorce Workshop

The Divorce Workshop is intended for persons in the early stages of the divorce process. This program offers a safe place for people who are recently divorced or are in the midst of a divorce to gain perspective on their loss.

The workshop was developed to assist people experiencing the many changes associated with separation and divorce. It enables people to understand their unique emotional responses and offer coping skills.

It is based on the premise that sharing thoughts, feelings, and experiences with peers is one of the most helpful ways to move beyond the pain of separation or divorce. Information shared is kept confidential.

Two-hour sessions are held one evening a week for eight consecutive weeks.

Topics

Self-Image
Stress
Anger
Blame and Guilt
Loneliness
Pathway to Growth
Spirituality

Resource Used

Divorce and Beyond
by James Greteman, C.S.C.
and Leon Haverkamp, M.S.W.

Time and Place

Divorce Workshops are offered throughout the year at The Catholic Center, 197 E. Gay Street, Columbus.

Call the Marriage and Family Life Office at (614) 241-2560 for dates.

Fee

The fee for the workshop is \$40, which covers all materials. Scholarships are available by contacting Marriage and Family Life Office: 614/241-2560 or flomailbox@colsdio.org

\$40.00 Registration Fee

Office Use: Rec'd _____ Conf. Sent _____ Paid _____

*Diocese of Columbus Marriage and Family Life Office
Divorce Workshop Registration*

I plan to attend the Divorce Workshop scheduled for _____ at The Catholic Center.

Name _____

Address _____

City, State, Zip _____

Contact Phone # _____ E-Mail _____

Divorced _____ Separated _____ How Long _____ Length of Marriage? _____ # Children _____ Ages _____

*Make your check payable to: Diocese of Columbus/Marriage & Family Life Office
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Call: (614) 241-2560 or E-mail: flomailbox@colsdio.org with questions or concerns*