

## **Divorce Is Not The Final Word:**

Come find new ways to hope, love and be a family on the other side of divorce

**Week 1- Staying out of the middle and finding your adult voice:** Finding healthy ways to detach when your parents are disagreeing. Finding healthy ways to advocate for what is important and necessary for your own health and happiness.

**Week 2- Letting go of the past:** Finding healthy ways to grieve the loss that comes with divorce without getting stuck in resentment or regret.

**Week 3- Handling finances:** Finding healthy ways to deal with your parent's separate incomes.

**Week 4- Splitting the holidays:** Finding healthy ways to balance schedules, expectations and traditions.

**Week 5- Navigating new relationships:** Finding healthy ways to relate with potential or actual step parents and step siblings and redefine family.

**Week 6- Making peace with God and breaking the cycle:** Finding healthy ways to trust God even though prayers may not have been answered in the way you wanted. As well as finding healthy ways of trusting yourself and engaging in relationships so that your story can have a different ending.