

ReStart

A SEPARATION & DIVORCE RECOVERY SUPPORT GROUP

with Madeline Oliver

An in-person drop-in support group offered at Queen's House Retreat and Renewal Centre, following all COVID-19 health and safety provincial protocols

Date and Time: Ten Wednesday evenings, 7:00 - 8:30 p.m.
November 25 - December 16; January 6 - February 10

Cost: \$5.00 per evening

Registration: Participants must contact Madeline prior to attending a session to ensure that this group is limited to a maximum of 8 participants. Please call 306-361-9318 or email pmolivebranch@gmail.com

Detail: Sharing and listening to the stories of people who are facing challenges similar to ours can be healing and encouraging. This support group accepts people where they are at in their journey and accompanies them in a non-judgmental way. This drop-in group will gather for ten evenings - all are most welcome. Come for one or many sessions.

Themes discussed during these ten weeks will include:

- Self-Care
- Life Balance
- The Grief Cycle of Divorce
- Moving Past Anger in Divorce
- Establishing Healthy Boundaries
- Avoiding Post-Divorce Depression
- Overcoming Loneliness
- Coping with Fear
- The Gift of Forgiveness
- Moving Forward

Presenter: The facilitator, **Madeline Oliver**, has been involved in pastoral ministry for over 15 years in parishes, hospitals and campus ministry. She provides a welcoming presence that makes room for supportive listening. Madeline is one of the founding partners in Olive Branch Marriage and Family Ministry: www.olivebranchministry.ca