

**Life After Divorce:
A NEW BEGINNING!**



The end of a marriage or a committed relationship that started with the expectation of a life-long commitment to one another is devastating and life disrupting. Trying to navigate the emotional and physical consequences of the process can be overwhelming, but you are not alone.

It can help to know the confusion, anger, and despair you may be feeling is part of the normal sequence of events people who go through the ending of a long-term relationship experience. These sequence of events are known as the stages of divorce.

The workshop will focus on helping you to identify the 4 stages of divorce, recognize where you are in those stages, and how you can help yourself successfully work through those stages. The tasks of the workshop will guide you through the process of reorganizing which phase of your divorce work you are in now, clarifying the emotional and life tasks involved, and working through the feelings and experiences so that you can understand and stay on top of your emotions so that you make healthy, logical choices for your divorce and life after divorce.

This is a special one day program. We start at 9 am and end at (about) 4 pm. A light lunch will be served.

Benefits of Group Therapy

#1 - Connection and Community. People crave connection, community and a sense of belonging.

#2 - Greater Accountability = Better Results. Its human nature that we're more likely to keep a commitment made publicly to a group. This well-structured group provides greater accountability which leads to more action and better results.

#3 - To Not Feel Alone. When people take on a big goal or focus on addressing an important issue, they often feel like they are the only one in that situation. But when that person is in a group with others who are in the same boat,

they experience the "normalization effect" which makes it so much easier to move forward.

#4 - Expand and Develop a Network. Our busy lifestyles often leave little time to develop new friends and a network of women who can support us in our personal growth.

#5 - Deepen Knowledge and Accelerate Growth. There is so much collective wisdom in a group and it's one of the best ways to address, "Not knowing what you don't know." Experiencing someone else processing her issues is a powerful way to deepen learning, expand awareness and discover new insights.

#6 - To Share and Contribute. Deep down we all want to make an impact and contribute to others. Participating in a therapy group is an excellent avenue for this.

And Last, But Definitely Not Least...

#7 - Great Return on Investment. Group rates are lower than individual therapy sessions.

Details

- Who can attend: women ages 18 and over
- What is the program: A one day therapeutic program with the goal of understanding and guidance as you go through the emotions and challenges of starting over.
- Where: Crossroads Programs
420 Walnut St
Pekin, IL
- When: Saturday, October 24, 2015
- Cost: \$399

Program Facilitators



Kellie Branch-Dircks is a licensed clinical social worker (LCSW) who has been practicing over 20 years in the Pekin-Peoria area.



Bonnie J. Harken, Founder and CEO of Crossroads Programs for Women, is a Nationally Certified Life Coach.

Registration for Life After Divorce: A New Beginning

Your name: _____ Age _____

Address: _____
Street Address City, State, Zip

Email address: (required) _____

Please check which session you wish to attend: () Thursday evenings () Friday afternoons

Credit Card Information

Type of Card: () VISA () MASTERCARD () DISCOVER () AMERICAN EXPRESS

Card Number: _____ Expiration Date: _____

Billing Address: _____
Street Address City State Zip

Amount to be charged: \$ _____

You can fill out this form and email it to bresourceful@earthlink.net

Or

Print, fill out, and mail to: Crossroads, 420 Walnut St, Pekin IL

Or

Print, fill out, and fax to: 800-348-0937

To register by phone: 309-202-0111

_____ Date _____

By Signing I authorize payment from the credit card listed above.