

You may be in a place you never meant to be, but now that you're here—it's up to you to go through divorce or *grow* through divorce.

The Divorce Recovery Program exists as a ministry of First Baptist Church. It is a testament to the desire of the church to be relevant and helpful. Leadership consists of people who have already been through the program itself. About 120 people enter the program each year and many small groups are still reuniting around holidays and special occasions.

Return the completed registration portion of the brochure with your \$25 class cost to First Baptist Church if you would like to participate in Divorce Recovery.

If you have questions, please call Gloria Koster in the Education Office of First Baptist at 336/274-3286 or email her at gloria@fbcgso.org.

First Baptist Church is located on the corner of Friendly and Mendenhall, directly across from the State Employees' Credit Union. We are happy to provide child care for infants through fifth graders at no additional charge. This is not a children of divorce program. If you decide to use our child care, you must be here with your children by 6 pm. For their own safety, children will not be released to anyone except the parent participating in the Divorce Recovery programs. It is our policy to cancel Wednesday evening activities if the public school system is closed because of severe weather conditions. Weeks missed due to severe weather will be made up at the end of the session.



1000 West Friendly Avenue
(Between Mendenhall and Tate Streets)
Greensboro, NC 27401
Phone: 336/274-3286 Fax: 336/274-3288
www.fbcgso.org

Adults Coping with Divorce and Separation



A ministry of First
Baptist Church
Greensboro

DI  ORCE
RECOVERY PROGRAM

About the Divorce Recovery Program

Three levels make up the program. They have different purposes and compliment each other when taken as a whole. Each level builds on the previous one, so that the cumulative effect is made richer.

Participants must enter a given level of the program no later than week two (2). After that, they must wait until the next group starts.

Our programs feature a broad range of ages and divorce experiences. Some participants have been divorced for a number of years, while others may have just recently separated.

Beginning Dates:

Session 1:

REBUILDING—Wednesday, Jan. 9, 2008, 6:15-7:45 pm

Session 2:

DIVORCE RECOVERY—Wednesday, Jan. 9, 2008, 6:15-7:45 pm
REBUILDING—Wednesday, Apr. 23, 2008, 6:15-7:45 pm

Limited scholarship funds are available. Early registration is encouraged.

The Three Levels of Divorce Recovery

- **Recovery Program.** The 9-session Recovery Program is designed for adults who are coping with divorce or separation. The seminar meets for nine weeks. Participants have wide-ranging religious, socio-economic and ethnic backgrounds. The program focuses on situations or problems common to most divorced people and seeks to explore and develop positive coping skills to enable participants to grow through divorce. Sessions are divided into a large group setting with a video presentation or speaker and smaller groups, each with a facilitator. Weekly handouts and a companion book, *Growing Through Divorce*, by Jim Smoke, round out the program. The class begins at 6:15 pm and concludes at 7:45 pm.
- **Rebuilding Program.** Rebuilding is designed as a step-by-step guide to getting oneself in a position to enjoy life that comes after divorce. The seminar meets for 12-14 weeks and follows the Recovery program. Each session of the seminar is based on a chapter in Dr. Bruce Fisher and Dr. Robert Alberti's book, *Rebuilding—When Your Relationship Ends*. The program is discussion-based.
- **Reconnecting Program.** Reconnecting is the third and final level offered in our life-after-divorce series. You must complete Recover and Rebuilding before attending this class. Reconnecting is designed for those who are ready to consider another personal relationship. Each session includes a video presentation as well as group discussion. The seminar meets for 8 weeks.

Registration Form

To register, please complete this form and return it to First Baptist Church with your \$25 class cost.

Name _____

Address _____

City _____

State Zip _____

Home Phone _____

Work Phone _____

Email _____

Will you need child care?

yes no

If yes, how many children? _____

Class you are registering for:

Session 1:

REBUILDING—Wednesday, Jan. 9, 2008, 6:15-7:45 pm

Session 2:

DIVORCE RECOVERY—Wednesday, Jan. 9, 2008, 6:15-7:45 pm

REBUILDING—Wednesday, Apr. 23, 2008, 6:15-7:45 pm

Return to: First Baptist Church, Divorce Recovery Program, 1000 West Friendly Avenue, Greensboro, NC 27401