DivorceCare Seminars
Collegedale Seventh-day Adventist Church
Fridays from 7:00 to 9:00 p.m.
You are welcome to begin attending the DivorceCare group on any week. Each session is “self-contained,” and you can continue through the next cycle to view any of the topics you have not seen.

DivorceCare (for adults)

Session 1: October 21
What’s Happening to Me?
This introductory seminar helps answer the question, “Why do I feel the way I do?” You’ll come out of this session with an overview of the DivorceCare program and an appreciation for the benefits of a support group environment.

Session 2: October 28
The Road to Healing/Finding Help
This video segment helps you begin to identify the many losses that occurred as the result of your divorce. It also introduces strategies you can use to begin the process of healing from your separation or divorce.

Facing My Anger
This video seminar deals with the subject of anger, a nearly universal response to the pain and stress of divorce. You’ll gain constructive suggestions for dealing with your anger and learn methods for responding to the anger coming from your ex-spouse.

Session 3: November 4
Facing My Depression
Depression can be a paralyzing emotion as you go through divorce. Even so, it can also be a “healing emotion,” and this video seminar explores constructive responses you can employ to deal with depression.

Facing My Loneliness
After divorce, many people respond to their loneliness in ways that will cause them even deeper pain. This segment explores healthy ways to overcome the loneliness that will inevitably arise during your separation or divorce.

Session 4: November 11
What Does the Owner’s Manual Say?
This video seminar explores real-world answers from the Bible on issues related to separation, divorce and remarriage, presented in an easily understandable format.

DivorceCare for Kids (DC4K)

Session 1: October 21
What’s Happening to My Family?
In this session your children will find comfort and relief from the anxiety of what is happening in their lives. They will learn what to expect each week in DC4K.

Session 2: October 28
God Loves Children in All Kinds of Families
This session assists your children in realizing that everyone’s family situation is different. It also encourages your children to help you develop a healthy single parent home.

Session 3: November 4
Facing My Anger
This unit helps your children recognize angry feelings and how to deal with these feelings in a healthy and acceptable way. They will learn it’s okay to be mad but not to hurt others when they are angry.

Session 4: November 11
Journey from Anger to Sadness
This session’s goal is to acquaint your children with the sadness phase of grief in the divorce process. It helps them learn how to process this in an emotionally healthy manner.

Session 5: November 18
I Am Not Alone
Your children will realize they are not alone and there are people, including a heavenly Father, who care about them and love them. They will understand that it is okay to ask for help.

Session 6: December 2
God’s Plan for Me
This session gives your children hope and comfort in knowing God always loves them and will meet all of their needs. They will realize they have choices to make, and they’ll learn how their choices affect others.
DivorceCare (for adults) continued

Session 7: December 9

New Relationships
The loneliness that comes with divorce will put you at risk when making decisions about new relationships. This session helps you determine whether you are ready for a new relationship and how to get it off on the right foot if you are.

Financial Survival
Most people are stretched financially during divorce. This video segment offers you practical help on how to survive and ways to deal with the many money issues that you’ll face during and after divorce.

KidCare
This video seminar helps you understand the effects of divorce on your children and offers practical suggestions for being an effective single parent. You’ll also learn how your children are processing the divorce and how you can help in their healing.

Single Sexuality
How do you deal with your sexuality after divorce? This important session will help you understand sexuality from God’s perspective and see that it is possible to be single again and satisfied.

Forgiveness
The hurt that comes with divorce is a barrier that prevents many people from forgiving their former spouse. This seminar shows you why forgiveness is important and how you can begin the process of forgiving.

Reconciliation
Reconciliation is one of the most misunderstood aspects of the divorce healing process. You’ll learn that reconciliation can happen even if your marriage is not restored and why it’s important to pursue reconciliation.

Moving On, Growing Closer to God
How can God produce something good out of something as bad as divorce? This segment will show you how to grow closer to God as you go through your divorce experience.

DivorceCare for Kids (DC4K) continued

Session 8: December 16

Developing New Relationships
This week’s theme helps your children realize their relationships with Mom and Dad and others are different since the divorce. Your children will learn how to develop new relationships. They will realize it’s okay to be loyal to each parent without feeling guilty.

Developing Money Smarts
Helping your children understand various aspects of budgeting and spending will help them understand budgeting issues in your family. This unit includes ideas about earning and spending money wisely.

It’s Not My Fault
This session communicates to your children that divorce is an adult problem between two parents. Your children will learn the divorce is not their fault.

Session 9: January 6

KidCare
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Single Sexuality
How do you deal with your sexuality after divorce? This important session will help you understand sexuality from God’s perspective and see that it is possible to be single again and satisfied.

Forgiveness
The goal is to help your children understand what forgiveness is and how to forgive others. This session exposes your children to the concept of taking responsibility for their own actions and attitudes.

Loving My Parents
This session is designed to educate your children that their parents still love them and to help each child express love to both parents.

Session 10: January 13

Telling My Parents How I Feel
This session helps your children learn how to talk to you and their other parent about how they feel about different situations in an honest, yet respectful manner.

Session 11: January 20

Forgiveness
The goal is to help your children understand what forgiveness is and how to forgive others. This session exposes your children to the concept of taking responsibility for their own actions and attitudes.

Loving My Parents
This session is designed to educate your children that their parents still love them and to help each child express love to both parents.

Session 12: January 27

Moving On: Growing UP and Closer to God
This session assists your children in realizing life goes on after divorce and they can have healthy and happy futures. It helps the children understand they are individuals with their own talents, hobbies and interests.