Surviving Divorce:
Hope and Healing for the Catholic Family

By Rose Sweet

Marriage is meant to last a lifetime. Most engaged couples approach their wedding days fully believing and intending this. Sadly, however, too many hearts and homes end up experiencing the pain of divorce. This often brings about unexpected and unimaginable heartache, questions, and challenges. Is healing possible? Yes! That's the good news this program offers.

Surviving Divorce was created to bring hope and healing to those who have experienced the pain and loneliness of a broken marriage. It is for the newly separated and divorced and those still struggling with issues many years later. It will help them answer their questions, restore hope, and begin authentic healing. Developed and hosted by Rose Sweet, *Surviving Divorce* features experts Dr. Ray Guarendi, Ph.D., Fr. Donald Calloway, M.I.C., Fr. Steve Porter, S.T.L., Fr. Mitch Pacwa, S.J., and Christopher West. It also includes personal testimonies of Catholic men and women who have experienced the breakdown of their families. They courageously share their stories with heart, humor, and wisdom. As they witness to their pain and the healing power of Christ in their lives, participants will laugh, cry, and identify with their journeys from heartache to healing.

This program will help you:

- Work through the emotional upheaval of separation and divorce.
- Find personal healing and hope.
- Discover a deeper understanding of God's love for you.
- Gain wisdom and comfort from experts and others who share your experiences.
- Navigate new concerns like custody, court hearings, and finances.
- Provide resources for counselors if you need personal assistance.
- Help you experience the grace of God through the sacraments as you journey through the hurt and pain of divorce.

Our February *Surviving Divorce* session is now closed. Our next session will begin in September, 2022. Please check for updated information later this summer. **The facilitators for *Surviving Divorce* are Cindy Gilbert,** cynthiasgilbert1@gmail.com **or Pat Smith, dontel972@aol.com.**

THE VIDEO TOPICS

Every situation is unique and divorce is complex so we can't cover every issue you may be facing…but we cover the most important from the aspect of our CATHOLIC FAITH. Full healing is centered in Jesus Christ.

Part 1 – FINDING PERFECT PEACE

Session 1 – Getting your Bearings
Session 2 – Finding Strength and Help
Session 3 – Getting Through Your Anger
Session 4 – Dealing with Depression

Part 2 – FINDING PERFECT POWER

Session 5 – Learning to Forgive
Session 6 – Dealing with Your Family
Session 7 – Handling Money Wisely
Session 8 – Learning to Let Go

Part 3 – FINDING PERFECT PASSION

Session 9 – Seeing God in Romance
Session 10 – Deciding About Dating
Session 11 – Loving All Church Teachings
Session 12 – Finding Love that Lasts