



A CATHOLIC SURVIVAL GUIDE

This six week program is specifically designed to help separated/divorced Catholics find support and healing. The video and facilitated discussion format will explore the challenges of the separated/divorce process to assist individuals to more fully live their faith life during a difficult time.

**Part I & II will be every Thursday
for 6 weeks from 7:00 p.m. - 8:30 p.m.**

FEBRUARY 1 - MARCH 8

COST: \$25 per 6 week session

PASTORAL CENTER
305 Seventh Avenue North, St. Cloud

**PART I:
WHAT YOU WILL LEARN**

- Dealing with emotions/
finding support
- Managing finances/lifestyle
adjustments
- Supporting children/
co-parenting
- Bringing about spiritual
healing

**PART II:
WHAT YOU WILL LEARN**

- Dealing with day-to-day
matters, ex-spouse, ex-in-laws
- Learning how to recognize
your own needs
- Forgiveness
- Finding your place in the
greater community
- New dating relationships

For more information and to register, visit:
www.stcdio.org/life-after-divorce,
contact the Office of Marriage and Family at 320-252-4721
or email omf@gw.stcdio.org