



DIVORCE Recovery Workshop

**A Children's Workshop
is also available
and runs concurrently with
the Adult Workshop.**
(For children 4 yrs to Grade 12)

FEB 15 — MAR 29

THURSDAY EVENINGS 7- 9 pm
7 SESSIONS (in a 7 week period)

■ Workshop Sessions

Deals with the emotions of a breakup
and the basics of healing.

- Week 1: Is This Really Happening to Me?
- Week 2: Dealing with Your Former Spouse
- Week 3: Assuming New Responsibilities
- Week 4: Coping Skills for Down Day
- Week 5: "New Community: Thinking About Forgiveness
- Week 6: New Community: New Relationships
- Week 7: Co-parenting Survival Skills

■ Workshop Location

Forks of Elkhorn Baptist Church

495 Duckers Road
Midway, Kentucky 40347

■ Registration Fee WAIVED

Registration Fee is being waived for this session. Forks of Elkhorn Baptist Church is sponsoring this session :

"Our Forks gift to the community"

There will be limited # of participant slots so register early. You will need to register at the website below.

■ Register

ONLINE REGISTRATION: <https://forksbaptist.org/divorce-recovery>

■ Need Additional Information

PHONE: James Stillwell (859) 940-3241

EMAIL: fjstillwell@gmail.com

PRESENTED BY

Dr. James
Stillwell
MINISTRIES



DrJamesStillwell.com

■ Dr. James Stillwell

Pastoral Counselor at Interfaith Counseling Center and Frankfort Pastoral Counseling and St. Matthews Pastoral Counseling Center.

Dr. Stillwell is a master of divorce recovery and helps people learn from their past, while focusing on their future. Along with an impressive academic background, Dr. Stillwell has helped over 3,200 individuals and families through the divorce recovery process, and he has 26 years of experience in single adult ministry.

Dr. Stillwell is based in Lexington, and is a happily married grandfather and father of four children.

WHICH ONE ARE YOU?

Thinking about divorce? In the process of separation, separated and not yet divorced? In the process of divorce, recently divorced, or divorced a long time ago? Parenting after divorce, divorced with no children, divorced with grown children? Initiator of the divorce, the one who was left in a divorce? Single again after a long relationship, grieving a breakup, celebrating the end of a bad marriage?

The case scenarios are many, but regardless of which scenario mirrors your situation, you can benefit from this course offered by Dr. James Stillwell.