



# DIVORCE Recovery Workshop

**A Children's Workshop  
is also available  
and runs concurrently with  
the Adult Workshop.**

**FEB 13 - MAR 26, 2020**

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

## ■ Register

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

## ■ For More Information

**PHONE:** James Stillwell (859) 940-3241

**EMAIL:** [fjstillwell@gmail.com](mailto:fjstillwell@gmail.com)

PRESENTED BY

Dr. James  
Stillwell  
MINISTRIES



**[DrJamesStillwell.com](http://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 3,500 individuals and families through the divorce recovery process, and he has 25 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.