



DIVORCE Recovery Workshop

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

2026

FEBRUARY 12 - MARCH 26

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.

FEB 12: Is This Really Happening To Me?

FEB 19: Dealing with Your Former Spouse

FEB 26: Assuming New Responsibilities

MAR 5: Coping Skills for Down Days

MAR 12: Thinking about Forgiveness

MAR 19: New Family Formations

MAR 26: New Relationships

■ **Workshop Location**

Forks of Elkhorn Baptist Church

495 Duckers Road
Midway, Kentucky 40347

■ **Registration Fee WAIVED**

Registration Fees have been eliminated as
Fork of Elkhorn Baptist Church is sponsoring
all future sessions:

“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](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*

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 has 30 years ministry experience.

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.

Dr. Stillwell's Divorce Recovery Workshop is unique in the following ways . . .

- 1. It is a closed group after the second week.** This enables the group process. This means you don't have to introduce yourself and tell your story again and again each week.
- 2. We have live presenters.** This is not a video workshop. Our speakers have been leading this workshop for three and half decades and speak from personal experience as well as from training.
- 3. We have an experienced and trained group of small group facilitators** who have been through the workshop before. The format of large group and small group enables both dynamics of content and process.
- 4. We feed you.** Dinner is provided each week at 6:30 p.m.
- 5. We provide for your children, ages 4 -18,** with a parallel workshop that hits the same topics from the children's point of view, led by psychology and social work majors from the University of Kentucky. Please pre-register for your children to attend.
- 6. Our workshop is free,** provided as an outreach ministry to the community by Forks of Elkhorn Baptist Church in Woodford County near Frankfort. This is a nonsectarian, interdenominational workshop, and is friendly to all people of every or no faith.
- 7. Our workshop has been held every semester** (except for two semesters during Covid) since fall of 1993 and has been attended by over 3,500 people.

*An outreach ministry
Sponsored by*

