



# Rebuilding After Divorce Workshop

“ This Class was a “LIFESAVER” ... ! ”

*-former workshop participant*

The Rebuilding After Divorce workshop is an 8-wk program designed to help people adjust to the ending of a love relationship. During this difficult transition you may be experiencing feelings of anger, insecurity & loneliness that may be slowing you down. We can help!

We don't fix broken hearts. We DO provide an opportunity for reflection and growth in accordance to the participant's willingness and capabilities for change within the construct of community (active group participation).

Join other participants who are going through the same experience, and learn how to effectively deal with your emotions. Learn how to better cope with your ex-partner. Establish new, healthier relationships with your family, friends, ex in-laws and God. Regain your self-esteem and learn to trust yourself again so you can prepare for a brighter future!

The class meets for an hour and a half, one night a week for 8 weeks. The material for this seminar is based the best-selling book **Rebuilding: When Your Relationship Ends**. Each class participant will be provided with the Rebuilding book, which is included in the price of the seminar. Workshop facilitators are Kathy Foster, LMHP and Gary Summers, Facilitator. *Cost: \$25 (includes \$13 book)*

\*If you know of anyone who would benefit from taking this seminar, please provide them with this information.

## Class Schedule

Wednesdays January 7 — February 25, 2009  
6:00-7:30 PM at First-Plymouth Church  
(20th & D St.)

# Rebuilding After Divorce Workshop Registration Form

Wednesdays, January 7 — February 25, 2009, from 6:00-7:30 PM at First-Plymouth Church

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Phone: \_\_\_\_\_ Email Address: \_\_\_\_\_

*Mail Registration Form and \$25.00 Check to:*

*First-Plymouth Church*

*ATTN: “Rebuilding” Workshop*

*2000 D Street*

*Lincoln, NE 68502*

**Please make checks payable to First-Plymouth Church**