

# DivorceCare

## Video Session Descriptions

WEEK & TITLE	TIME	PARTICIPANTS WILL DISCOVER & DISCUSS...
<b>1. Deep Hurt</b>	9/11/2023 6:30PM 27 min.	That overwhelming emotions are normal Healthy practices for a successful recovery How God can help them recover
<b>2. Road to Recovery</b>	9/18/2023 6:30PM 26 min.	Common roadblocks to recovery “Mile markers” of progress Why trusting God is a practical choice
<b>3. Anger</b>	9/25/2023 6:30PM 27 min.	How anger might be helpful How anger might be harmful How to manage their anger
<b>4. Grief &amp; Depression</b>	10/02/2023 6:30PM 30 min.	What to expect with grief How to know if sadness has turned into depression What to do when guilt complicates things How they can grow through sadness or depression
<b>5. Loneliness</b>	10/09/2023 6:30PM 26 min.	Why loneliness hurts so much What temptations to avoid when lonely Healthy ways to overcome loneliness
<b>5. Fears &amp; Anxiety</b>	10/09/2023 6:30PM 25 min.	How to reduce worrying How to deal with an immediate threat When to consider medication
<b>6. Family &amp; Friends</b>	10/16/2023 6:30PM 27 min.	Emotionally “detaching” from their former spouse Whether to include former in-laws in their lives How to co-parent How to ease their friends’ discomfort
<b>7. Financial &amp; Legal Issues</b>	10/23/2023 6:30PM 31 min.	How to regain their financial footing How to avoid common legal mistakes How to think biblically about debt
<b>8. Conflict</b>	10/30/2023 6:30PM 29 min.	How to plan for difficult conversations How to be a good listener How to respond well in conflict
<b>9. Forgiveness</b>	11/06/2023 6:30PM 29 min.	What forgiveness really is and its benefits What happens if they don’t forgive How to receive God’s forgiveness and salvation
<b>10. Your Former Spouse</b>	11/13/2023 6:30PM 25 min.	What a civil relationship with their ex might look like When a friendship with their ex might be possible Considerations before remarrying their former spouse
<b>11. Brighter Days Fr. Jim McNulty</b>	11/20/2023 6:30PM 32 min.	How others are using lessons God taught them through divorce How to find hope when difficulties arise How serving others contributes to recovery Discussion with Fr. Jim-Annulments and Q & A at 7PM
<b>12. Single Living</b>	11/27/2023 6:30PM 35 min.	How to rethink life as an unmarried person How to trust others again What it means to be content The purpose and pitfalls of dating