

Facilitation

Guidance is provided by facilitators who have been through a divorce and have attended the workshop themselves. They have received additional training from experienced facilitators who have participated in the Divorce Recovery Workshop for many years. The leaders are not therapists, lawyers, or ministers. They are ordinary people who have been where you are and have a desire to help you. They can assist you in finding a path to a healthy recovery.

To find out more, contact us. Our church has been a part of downtown Orlando since 1882. We are located on the corner of Magnolia and Jackson street in downtown Orlando, easily accessible from I-4 and the East-West Expressway.

Location



Area Map



The following quotes are from people who have spent time in the Divorce Recovery program. They speak of healing, community, and learning, all elements that can be experienced during the workshop.

*"I found that **DR** helped me re-evaluate my life and gave me direction in how and what I want from a relationship."*

*"**DR** has been instrumental in helping me keep things in perspective."*

*"The facilitators are so helpful and help you to see that there is light at the end of the tunnel. **DR** gives me hope."*

*"**DR** What a life saver! A healing experience. A hospital for my broken heart."*

"My first session was like a breath of fresh air... to be surrounded by a friendly and considerate group of people who shared feelings that I could identify with."

Divorce Recovery



WORKSHOP

A Time & Place for Healing

Wednesdays from 7-9 p.m. at
First United Methodist Church of Orlando
142 East Jackson Street

Phone: Sheila Francisco
(321) 302-0717
or the church office:
(407) 849-6080

Email fumco@fumc-ori.org
www.divorceandrecovery.org

Divorce can be the most painful experience of your life. Your normal world is replaced by anger, confusion and frustration.



Consider taking the time to sort all this out. As one past participant put it, “the Divorce Recovery program has given me back something I thought I had lost... hope. Each week brings me a little closer to where I need and want to be one day, fulfilled with not just life, but more importantly, myself.”

Purpose

The Divorce Recovery Workshop (DR) is a place to find friends, support, and resources to overcome anger and to heal from pain. Four consecutive, 11-week sessions are offered to provide exactly that as each individual journeys toward emotional healing.

The first phase of the workshop is based on the video series, “Rebuilding the Castle That Has Come Down” by Dr. William Flanagan, and the popular book, “Growing Through Divorce” by Jim Smoke. Also included in this phase are classroom presentations and small group

discussion. Each phase of the program includes specific goals. They are to:

Phase I

- Accept the fact that your relationship is ending.
- Acknowledge your contribution to the breakup.
- Learn to appreciate the value of forgiveness in the healing process.
- Find emotional healing.

Phase II (A and B)

- Let go of past injustices.
- Reflect on and learn from your past.
- Visualize your future.
- Grow stronger as a single person.

Phase III

- Be clear about your preferences in mate selection.
- Develop a personal plan of action to have healthy relationships.
- Recognize opportunities for personal growth that your divorce provides.
- Accept that effort and risk will be required to grow.

Registration



Advanced registration is not required. However, you can receive more information or let program facilitators know you are coming by leaving a message. Contact the church to find out how.

Course fees are \$25. This charge is used to cover the cost of the books as well as other materials used during the workshop. Ask us about full or partial scholarship availability.

The Divorce Recovery Workshop is open to anyone who is divorced, separated, widowed or ending a significant relationship. You may start at any time during the 11-week series and continue through the next workshop to attend the sessions that were missed.

Ask us about Childcare.

The Divorce Recovery Workshop is non-denominational. Everyone is welcome regardless of their faith or personal beliefs.

If you have a friend or relative who has been separated or divorced, consider reaching out to them by passing along this flyer.

COMMENTS FROM AN ATTENDEE



“DR has helped me to deal with my anger and to know that what I have been feeling is normal.”

“I’ve learned that I matter and I need to take care of me.”

“It also has helped me to gain inner peace and healing and to begin with the next chapter of my life.”

*Confidentiality and Respect
are Assured.*