

ABOUT THE WORKSHOP

Separation and divorce can be a time of intense pain and loneliness. It can also be the start of a new beginning. Set in a caring and supportive environment, this community wide workshop is designed to help ease suffering and build hope during the process of separation and divorce.

Facilitator

Saundra Dickinson will facilitate the workshop. Saundra is a Licensed Professional Counselor, Licensed Marriage and Family Therapist, and a National Certified Counselor in private practice in the Humble/Kingwood area at ALTERNATIVES FOR FAMILY CRISIS. She specializes in family therapy, couples therapy, and individual work in the relationship arena. As well as being a Certified IMAGO Relationship Therapist and Workshop Presenter for both couples and individuals, Saundra has recently served on the Board of IMAGO RELATIONSHIPS INTERNATIONAL. She is a Certified EMDR Therapist and creator of the popular "Parenting That Works" workshop.

Her new book, **Love That Works: The 12 Foundation Stones** is in all the major bookstores, as well as online at Barnesandnoble.com and Amazon.com and her TV Series, "**Love That Works**" is seen weekly on the local Kingwood channel 77 at 9:00pm Mondays.

Saundra has lived with her family in Kingwood, TX for the past 29 years. She is actively involved in the community, speaking to audiences throughout the year on love relationships, parenting, and healthy life-management skills in personal and professional relationships.

Topics

The workshop will cover the following topics:

- Session 1 **You Are Not Alone**
- Session 2 **Grieving the Loss**
- Session 3 **Understanding Our Anger**
- Session 4 **Depression – A Healing Emotion**
- Session 5 **Overcoming Loneliness**
- Session 6 **New Relationships**
- Session 7 **Children and Divorce**
- Session 8 **Forgiveness and Moving On**

Cost

The workshop fee is **\$40** and includes the book ***Rebuilding*** by Bruce Fisher and Robert Alberti and the "**Divorce Care**" workbook.

Childcare

Free childcare is available by reservation.

REGISTRATION

To register, fill out the form below and mail it, along with a \$40 check or money order made out to Kingwood United Methodist Church (put "Divorce Recovery" in the memo line), to:

Divorce Recovery Workshop
Kingwood United Methodist Church
1799 Woodland Hills Dr.
Kingwood, TX 77339
Or call: **281-548-8258**

Name: _____

Address: _____

City/ State/Zip: _____

Phone: _____(Home) _____(Office)

E-mail: _____

Information for group assignments:

Do you have children? ___ Y ___ N

Ages _____

Your age?

___ Below 35 ___ 35 – 55 ___ Over 55

Do you need childcare? ___ Y ___ N

Ages _____

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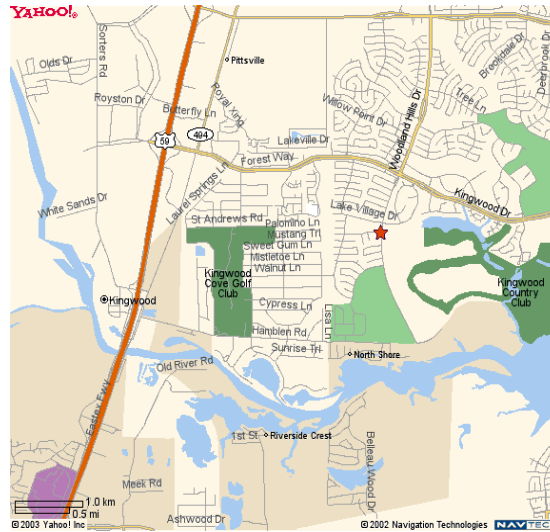
OR CALL: 281-360-7108

You may also registrar at the class.

divorcerecoveryworkshop@hotmail.com

**WHERE WILL THE WORKSHOP
TAKE PLACE?**

The workshop will be held in the New Dimensions Classroom on the Kingwood United Methodist Church campus. The classroom is located in the **Family Outreach Center, Ste. F-3, 2307 Crystal Spring Dr. Kingwood, TX 77339.**



For additional workshop information, and to register, call **281-360-7108.**

Also you may request information through our E-mail address:

divorcerecoveryworkshop@hotmail.com



**DIVORCE
RECOVERY
WORKSHOP**

*Putting lives back together in a
caring, Christian environment*

**Tuesdays March 21 –
May 9, 2006
7:00 p.m. – 9:00 p.m.**

A 12-year service of the
**New Dimensions and Navigators
singles ministries at**

**Kingwood United
Methodist Church**