

DivorceCare

is a video seminar series featuring some of the nation's foremost Christian experts on divorce and recovery topics as seen from the biblical perspective. The program is structured for a person to join in at any time. If you have missed a few sessions, you can pick them up during the next session.

**Sessions will be held on Monday Evenings beginning September 11, 2016 at 7:00 p.m.
Resurrection Parish, 3155 Windsor Park Road, Regina: Meeting Room #3**

Session	Title	Description	Date
1	What's Happening To me?	This introductory session helps answer the question, "Why do I feel the way I do?" It helps participants become comfortable with the support group concept.	September 11
2	The Road To Healing or Finding Help	This video segment helps the participants identify the losses that occur as the result of divorce. It also discusses ways to begin the process of healing from the hurt of divorce.	September 18
3	Facing My Anger	This video seminar deals with the subject of anger, a nearly universal reaction by both spouses during a divorce, and offers constructive suggestions for dealing with anger.	September 25
4	Facing My Depression	Depression can paralyze a person going through divorce. Despite this, it can be a "healing emotion" and this video seminar explores constructive responses to depression.	October 2
5	Facing My Loneliness	After divorce, many people respond to their loneliness in ways that will cause them even deeper pain. This segment explores healthy ways to overcome loneliness.	October 9
6	What Does The Owner's Manual Say?	This video seminar explores real-world answers from the Bible on issues related to separation, divorce and remarriage, presented in an easily understandable format.	October 16
7	New Relationships	This session will help viewers understand the hurt that can come from a premature new relationship and how to know when they are ready to enter a new relationship.	October 23
8	Financial Survival	Most people are stretched financially during divorce. This video segment offers practical help on how to survive and ways to deal with the many money issues that arise in divorce.	October 30
9	KidCare	This video seminar helps parents understand the effects of divorce on children and offers tips on being an effective single parent.	November 6
10	Single Sexuality	This important video will help viewers understand sexuality from God's perspective and will discuss how to deal with sexual urges and desires. It is possible to be single again and satisfied.	November 13
11	Forgiveness	The hurt that comes with divorce is a barrier that prevents many people from forgiving their former spouse. This seminar shows that healing cannot occur without forgiveness.	November 20
12	Reconciliation	This video profiles the different types of reconciliation that can occur after divorce and explains why pursuing reconciliation is so important, even when those involved don't feel like reconciling.	November 27
13	Moving On, Growing Closer To God	How can God produce something good out of something as bad as divorce? This tape will show participants how they can grow closer to God through their divorce experience.	December 4