## **Stepping Beyond Support Group for Separated / Divorced Adults**



Living through a separation or divorce can be an overwhelming experience. Not only are the hopes and dreams for your future shattered, but this experience accompanies isolation, loneliness, challenges supporting or caring for your children, and sometimes difficulty communicating with your spouse or partner over legal matters.

Stepping Beyond Monthly Support Group is a safe environment to explore these issues. Together with trained facilitators, each month members explore their challenges and celebrate their achievements on their journey.

Due to Ongoing Covid concerns, this group will be held in person or via Zoom meetings, depending on restrictions. To join or be part of this group, registration is essential, please contact Rita on details below.

**DATE:** Last Tuesday of each Month (Feb –Nov)

**TIME:** 7.00pm – 9.00pm

**FEE**: Donation

Catholic Care

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