



Divorce Support Group  
Fall 2024  
Time 6:30pm-7:30pm

Date	Topic
Thursday, August 29, 2024	The Divorce Journey
Thursday, September 12, 2024	My Grief Story
Thursday, September 26, 2024	Worry
Thursday, October 10, 2024	Coping with Stress & Change
Thursday, October 24, 2024	Values & Identity
Thursday, November 7, 2024	Anger
Thursday, November 21, 2024	Communication and Change
Thursday, December 5, 2024	Self-Care & Support

Need to miss a night of group? Just let us know by emailing [becca@calmwaters.org](mailto:becca@calmwaters.org)

**DON'T FORGET TO RESERVE YOUR SPOT!**

**The sign-up link will be posted to Apricot at noon the Monday before each group meeting.**

\*For new participants please register with this QR code:



*...helping children and families in their grief journey caused by death, divorce or other significant loss*

501 N. Walker Ave., Ste. 140 | Oklahoma City, OK 73102 | 405.841.4800 | [Calmwaters.org](http://Calmwaters.org)