



Divorce Support Group
Spring 2025
Time 6:30pm-7:30pm

Date	Topic
Thursday, January 23, 2025	The Divorce Journey
Thursday, February 6, 2025	My Grief Story
Thursday, February 20, 2025	Worry
Thursday, March 6, 2025	Coping with Stress & Change
Thursday, March 20, 2025	Values & Identity
Thursday, April 3, 2025	Anger
Thursday, April 17, 2025	Communication and Change
Thursday, May 1, 2025	Self-Care & Support

Need to miss a night of group? Just let us know by emailing becca@calmwaters.org

DON'T FORGET TO RESERVE YOUR SPOT!

The sign-up link will be sent via email 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