

## **Are you separated or divorced? – Let us help...**

LEVEL I (Learning to Cope) and LEVEL II (Accepting the situation) are self-help programs intended to help separated and divorced persons gain a perspective on their divorce. Topics include: the process of divorce, self-image, stress, anger, guilt, loneliness, forgiveness, trust, singleness and children.

Course fee: \$35 (Level I), and \$45 (Level ii). The courses are held Tuesday evenings for 11 weeks starting March 20 from 7pm – 9pm at ST. Francis of Assisi (Queen & Westmount) Kitchener. Contact Family Ministry Office at (905) 528-7988 ext. 2249 or St. Francis Parish (519) 745-7301 to register.

LEVEL III (Enhancing Self Esteem) is also available for interested people who have completed Level I & II. It will be held on Monday evenings for 10 weeks starting March 19, 2012 at St. Mark's Parish, 55 Driftwood Drive, Kitchener from 7 – 9 pm. Course fee is \$40. Contact Family Ministry Office at (905) 528-7988, ext. 2250 or [thartnett@hamiltondiocese.com](mailto:thartnett@hamiltondiocese.com)