

BROKEN RELATIONSHIP RECOVERY SUPPORT GROUP

It takes a long time and a lot of work to heal from the breakup of a relationship. Come and join our six-week broken relationship recovery support group. All are welcome who need some support in dealing with the many issues related to the painful, traumatic, and emotional experiences of a broken relationship.

What can I expect if I attend this group?

- To be in a comfortable environment where I can learn more about myself and what I'm going through right now.
- To meet others who are experiencing and feeling similar stuff
- To hear some presentations on the subject of why broken relationships hurt so much, loss, regaining myself, etc.
- To learn that no matter where I am right now in my broken relationship, separation or divorce process, I'm going to be O.K.
- To gain insight and hope for my future.

Topics that may be incorporated into discussions:

What do I do with all these feelings? How do I adapt to being without a relationship?

What do I do with all this stress and anger? How do I use this painful experience as a time for self-exploration and personal growth? What are God's plans for me?

How do I know when I am ready to think about moving on to a new relationship?

How do I regain custody of myself and become a whole and healthy person?

Dates: Monday evenings January 11 – February 15, 2021 7:00-8:30 p.m. via ZOOM

FACILITATOR: Cindy Shoemaker is a Licensed Professional Counselor. She has over 30 years experience in developing and facilitating small groups, seminars, and workshops. She specializes in working with people who are experiencing brokenness.

There is power in a support group in knowing that you are not alone...and learning that your emotions and reactions to the broken relationship are "normal".

How to Register or obtain more information

Email cshoe0815@gmail.com and put Support Group in subject line. If you do not have email, call Central Presbyterian Church at 717-264-4113 ext. 100 and leave message with the church secretary.