



BEYOND DIVORCE - RECOVERY CLASS

9-WEEK COMPREHENSIVE DIVORCE RECOVERY COVERING:

Session One: There's So Much to Think About! – Finding Relief

If it didn't matter, it wouldn't hurt. But it does matter. Get immediate relief from the pain of divorce or breakup. Assess where you are on the divorce recovery path.

Session Two: I'm so Confused – Understanding Transition

Knowing the characteristics of transition helps you identify how close you are to the ending phase. Learn how to make the most of each stage to get you through faster.

Session Three: Let it go – Grief, Worry and Fear

Saying goodbye is difficult. Grieving your losses is the single most effective thing you can do to move forward. Experience a powerful exercise to help you let go and move on. Experience relief from worry and fear that comes with letting go.

Session Four: You Get to Be Mad – Anger and Guilt

If you've had difficulty accessing your feelings of loss, perhaps it is because you have unacknowledged, unexpressed, or unknown anger. Learn ways to deal with your anger in positive and non-destructive ways.

Session Five: Set Yourself Free – Forgiveness

Forgiveness is for you. It will set you free when you can let it. We will have an open discussion about forgiveness: what it is, how to access it even when you don't feel like it, and how to gain the freedom that forgiving brings. Want to know where you are on the divorce recovery path? Forgiveness can tell you.

Session Six: Just Say No – Boundaries

Many of us tolerated a lot of bad behavior trying to keep our marriages together. Learn why, how, and when to set those important limits to protect yourself and those you care about.

Session Seven: Feel Good Again – Self-Worth

Nothing damages self-worth like having the person you loved and counted on withdraw that love, or worse, become an enemy. The end of your relationship may have damaged your self-worth, but there's still a lot of love out there, you will experience a good bit of it this night.

Session Eight: Silence the Inner Critic – Manage Your Thinking

Is your Inner Critic beating you up? A lot of the hurt we experience we do to ourselves by the way we think, about ourselves and the way life works. This is a very important night to learn how to manage your thinking to feel better and get better results.

Session Nine: You Did it! – Celebrate and Plan for the Future

You've come a long way, learned a lot, challenged yourself, and probably see things quite differently than 9 short weeks ago. This is a time of celebration. This night you will meet your future self and make important plans for a productive future.

More information, and complete descriptions can be found at www.BeyondDivorce.com



FALL 2012 CLASS SCHEDULE

Option One:

What: Comprehensive recovery solutions for divorce and breakup
How Long: Nine weeks
When: Sundays, starting September 16, 2012
Time: 6:00 - 9:00 pm
Where: Lafayette, CO (exact location provided to registrants)
Cost: \$369.00 (payment plans available)

Option Two:

What: Recovery solutions for divorce and breakup
How Long: Six weeks, a truncated version of the above. For tighter schedules and financial limitations.
When: Thursdays, starting September 13, 2012
Time: 6:30 - 9:00 pm
Where: YWCA of Boulder, 2222 14th Street, Boulder, CO 80302 [Map](#)

TOPICS IN BRIEF

1. FINDING RELIEF
2. AM I CLOSE TO THE END?
3. LETTING GO OF SADNESS
4. YOU GET TO BE MAD
5. FREEDOM IN FORGIVENESS
6. SETTING LIMITS
7. FEELING GOOD AGAIN
8. SILENCE THAT NAGGING INNER CRITIC
9. CELEBRATE AND PLAN FOR THE FUTURE

I absolutely began to be comfortable in my own skin. I'm a 40-year old woman, and probably haven't felt that comfort since I was ten years old. Thirty years!! Not only did Jeannine and the group help me gain some understanding and closure with my marriage, but also (and more importantly) how to love myself. I will be eternally grateful for what this group has brought to my life. ~ Erin D.

I was skeptical. Workshops can mean a lot of time and a lot of money – a big investment. Well – this was one of the BEST investments I have ever made. I wholeheartedly recommend Jeannine and this workshop. *Invaluable.* ~ Bret E.