

Choices Divorce Recovery Workshop should not be considered to be psychotherapy or a substitute for any other form of mental health treatment. It is a support group for those going through or living with the consequences of a divorce.



CHOICES

Divorce Recovery
Workshop



MISSION HILLS
CHURCH

620 SouthPark Drive
Littleton, Colorado 80120
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MISSION HILLS
CHURCH

Divorce is one of the most traumatic experiences you and your family may ever face. No matter the cause or the part you played in it, divorce brings pain, emptiness, anger, guilt, an identity crisis, and financial imbalance.

Mission Hills Church cares about you and the new decisions you must make. We provide a non-threatening setting where you can find support in dealing with your emotions and in making important decisions.

Our hope is that after completing this workshop, you will be better equipped to handle the WORK of divorce recovery and that you will find a supportive community in which to continue that work. This workshop is for those who are going through – or have gone through – a divorce, whether newly single or single for many years.

Divorce Recovery Workshop

Held at Mission Hills Church
620 SouthPark Drive • Littleton, Colorado
Friday, January 4 • 7:00 – 9:30 p.m.
Saturday, January 5 • 9:00 a.m. – 3:00 p.m.
Followed by Sundays, January 13, 20, 27,
February 10, 17, 24,
and March 3 • 4:00 – 7:00 p.m.
Cost \$125

About Our Facilitator

Dr. Chris Miller has lived in Denver since he was 11 years old. He has two degrees from the University of Colorado and two degrees from Denver Seminary including a doctorate in Marriage and Family Counseling. He has conducted divorce recovery workshops since 1988, and his doctoral dissertation is on the topic of divorce adjustment. As a child of two-time divorce, he understands the impact of divorce on individuals and families. Judges, clergy, attorneys, and friends have recommended this unique workshop for nearly 25 years. He is the author of the book *A Holy Pain*. Chris is married to Jeanne, and they have two grown and married children. He follows the New York Yankees and is an avid Civil War buff, with a book on the subject due out in 2013. He is a counselor at Redwood Counseling Services in Littleton, Colorado.



Topics

- Walking Through a Painful Grief Process
- Acceptance: The Key to Recovery
- Letting Go
- Loneliness or Aloneness?
- Where Have My Friends and Family Gone?
- Dealing With the Ex
- Understanding Your Children
- Sex and Sexuality: Another Battleground
- Forgiveness: The Key to Real Freedom
- So . . . What About Remarriage?

What To Expect

- A caring atmosphere facilitated by those who understand your pain
- A place to meet new people who have been through similar experiences
- Active participation in a small group setting
- An opportunity to gain new tools that will challenge you to think, cope, and act in healthier ways

*This event is sponsored by
Mission Hills Single
and Single-Again Ministry.*

*For additional information,
contact Jenna Belcher
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