

Separation & Divorce Ministry for the Diocese of Saskatoon

Divorce & Beyond and **Transitions** are evening weekly meetings designed to help individuals heal after the end of their marriage. They are offered in our diocese and are both facilitated by volunteers through the office of Marriage & Family Life. Both programs are offered to individuals of all faith expressions.

But when should a person choose one over the other?

To help you discern which support group would most benefit you,
we invite you to consider the following checklist:

<u>DIVORCE & BEYOND</u> is a program for any individual who is in the early stages of a formal separation or divorce.	<u>TRANSITIONS</u> is a program for any individual who has been separated or divorced for a period of no less than a year.
"I can never speak about my separation without crying."	"I can often speak about my separation without crying."
"I can't sleep since my divorce."	"My sleep patterns are returning to normal."
"I get so angry at times I think I'm going to explode."	"I still get angry, but I'm learning to let it go."
"My kids and family are in shock."	"My kids and family are upset, but they're starting to deal with it."
"My mind is focused on the divorce 99% of the time."	"I think about my divorce but I also have other things going on in my life."
"I've moved twice in the last month. Who knows where I'll be next month."	"I've settled into a place of my own and know one or two of the neighbours."
"I have never spoken to a counselor."	"I saw a counselor for a while and it was helpful."
"Everything I feel, think, see is my divorce."	"I'm moving on bit by bit, even forgiving a few things."
<p>Divorce & Beyond and Transitions Contact information</p> <p>Blake Sittler 306-242-1500, ext 229 mindevel@saskatoonrcdiocese.com</p>	