

Workshop Speaker



Dr. John Fry

John is a psychologist in private practice for over 30 years. He has given over 400 stress seminars to, among others, IBM, NBC, Farmers Insurance, The US Navy, and the faculty of Fuller Seminary. He has served as an elder here at St. Andrew's. His website is www.drjohnfry.com

Over 16,000 adults have gone through the DRW since it was created by Dr. Bill Flanagan who came to St. Andrews in 1981. John went through this workshop for himself and afterwards volunteered as a small group facilitator for 14 workshops. Dr. Flanagan asked John to take over his role in 2009.

In these helpful talks Dr. Fry integrates tools you can use that work from psychology research, his own experience of divorce, and working with scores of men and women in his practice who want to heal and grow through their own divorce.

The Workshop Team

We are a team of over 40 folks who have grown through our own divorce by going through DRW, been screened, and received specialized training. We do this pro bono because of gratitude for how this wonderful program helped us! Adult attendance for the last dozen workshops has ranged from 65 to 125 with several dozen children and teens in their workshops as well.

PREVIOUS ATTENDEES ON THE DIVORCE RECOVERY WORKSHOP:

"The program was immensely helpful. Since separating I had done a lot of internal work, reading, etc., but I felt stuck. The camaraderie of DRW really helped me push through the final obstacles." --Andrea L.

"After an 18 year marriage ended in divorce, I was lost. I am so thankful that I found and attended the DRW. The lectures and small group were so healing for me." --Frank F.

"DRW has been a life changing experience for me. I thought I had to figure out my divorce on my own. My confidence got renewed. Being surrounded by a caring community was heaven-sent." --Patty F.

"I was 49, married for twenty years with two children. I was totally caught off guard when my wife asked for a divorce. I became miserable and depressed. The workshop literally saved my life. It was a safe, reassuring environment to make new friends and get my life moving forward. My daughter totally enjoyed the Teen Workshop." --Dale G.

"I was blessed in ways I never thought possible. Five short weeks after my husband left me and our 4 kids after a 26 year relationship, I found healing, hope, understanding, and new friendships." --Cindy L.

"I always felt so safe when I went there." --Helena P.

"The DRW helped me grow through my own divorce rather than be defeated by it. Since then I have seen many clients I've referred from my counseling practice get the same tremendous benefits that I did." --John F.

"My world was turned upside down and chaos had set in. DRW helped me realize I was not alone! I learned practical tools for how to live my new everyday life, for acceptance, for forgiveness, and for looking forward with hope." --Shelley C.

Divorce Recovery Workshop

A Seminar for Divorced and Separated Persons of All Ages

Workshop Speaker: Dr. John Fry

Six Thursday Evenings at 7:00 p.m.
March 2, 2017 – April 6, 2017
September 21, 2017 – October 26, 2017

St. Andrew's Presbyterian Church
600 Saint Andrews Road
Newport Beach, CA 92663-5325
949.610.1701



Email: drw@sapres.org
Website: www.sapres.org/ministries/support/divorce-recovery/
or: www.divorcerecoveryworkshop.org

Like us on Facebook

divorcerecoveryworkshop.sapres.org

Growing Through Divorce

Last year approximately 25,000 people in Orange County experienced the dissolution of marriage. The failure rate for first marriages is about 50%, while 65% of second marriages end in divorce. In our workshop, we will be using the book "Growing Through Divorce" by Jim Smoke. Jim has said, "You can go through divorce or you can grow through divorce".

No matter where you are in your divorce experience, you'll find the session topics, small groups, support and understanding of others "growing through divorce" to be of tremendous help in your journey through one of life's most difficult adjustments

This workshop, offered semi-annually, has attracted over 16,000 since 1981. It is the largest seminar of its kind in Southern California, is a model for divorce recovery programs all over the world, and is designed for people facing the finality of divorce rather than the possibility of reconciliation.

Weekly Topics

Week #1

Is This Really Happening to Me?

The Four Stages of the Divorce Experience

Week #2

Assuming New Responsibilities

Planning for Yourself and Your Future

Week #3

Coping With Your Ex-Spouse

A Relational Reality That Continues to Exist

Week #4

For Parents of Dependent Children:

Helping Your Child Through Divorce

For Non-Parents:

Coping Skills for the Stress of Divorce

Week #5

Finding and Experiencing Forgiveness

Overcoming Hate and Hurt

Week #6

Thinking About New Relationships

Relating, Dating, and New Connections

Small Group Discussion

Share Your Situation in a Safe Environment

Be With People With Similar Situations and Problems

Support and Help

Hear New Perspectives of The Opposite Sex

You Can Build New Relationships

Workshops for Children and Teens

We offer sessions for children (grades 1-5) and teens (grades 6-12) for no additional fee. Each group has its own small group time which provides support and encouragement. They both begin on night 3 of the adult workshop.

Children's Workshop (grades 1-5)

Dates: Mar. 16 through Apr. 6 (Winter/Spring workshop)

Oct. 5 through Oct.26 (Fall workshop)

Time: 7:00 to 9:00 p.m.

Parent must be registered for the Workshop

Teen Workshop (grades 6-12)

Dates: Mar. 16 through Apr. 6 (Winter/Spring workshop)

Oct. 5 through Oct. 26 (Fall workshop)

Time: 7:00 to 9:00pm

Parent need not be registered for the Workshop.

Free Childcare for infants through sixth graders is available each evening for registered participants.

Workshop Details

Cost: \$40.00 pre-registration

\$50.00 at the door

Fee also includes dinner on night 6 and

Jim Smoke's book, *Growing Through Divorce*

Dates: March 2, 2017 – April 6, 2017 (Winter/Spring)

September 21, 2017 – October 26, 2017 (Fall)

Time: Thursday Evenings: 7:00-9:00 p.m.

Location: St. Andrew's Presbyterian Church

600 Saint Andrews Rd.

Newport Beach, CA 92663

Phone: (949) 610-1701

Directions:

From PCH: Turn North on Dover Drive, left on Cliff Drive, right on St. Andrews Road, right on 15th Street.

From 5 or 405 Freeways: take the 55 freeway south until it ends and becomes Newport Blvd. Turn left at 17th, right at Irvine, left at 15th.

Registration: To pre-register, mail the enclosed registration form with your check made payable to St. Andrew's. You may also register online at

www.sapres.org/ministries/support/divorce-recovery/

Winter/Spring ___ Fall ___ Divorce Recovery Workshop Registration

Please fill out this form completely and mail with check or money order made payable to:

St. Andrew's Presbyterian Church, 600 Saint Andrews Road, Newport Beach, California 92663, Attn: DRW • (949) 610-1701

or register online: www.sapres.org/ministries/support/divorce-recovery/

WORKSHOP FEES: \$40 – pre-registration; \$50.00 at the door

NOTE: If you have previously attended this workshop, \$25.00 preregistration (No book included); \$30. – at the door (No book included)

Name _____ Male _____ Female _____ Cell Phone _____

Address _____ Home/Other Phone _____

City, State and Zip _____ Email _____

Will you need childcare? Yes No Are you: Separated Divorced How Long? _____

The following information is needed for small group assignments, and is the only criteria used:

Are you a parent? Yes No Number of children _____ Ages of children _____

Your age: Below 35 36-45 46-55 Above 55

FOR OFFICE USE ONLY: Received by _____ Date _____ Amount \$ _____ Cash _____ Check# _____ Small Group _____