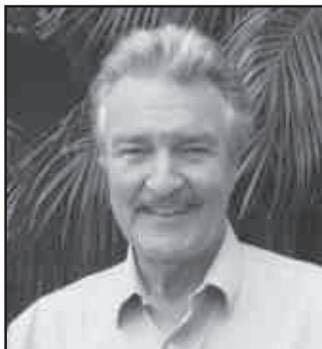


Workshop Speaker



Dr. John Fry

John is a psychologist in private practice locally. He has given over 400 stress seminars to, among others, IBM, NBC, The US Navy, and the faculty of Fuller Seminary. His website is www.drjohnfry.com

Over 16,000 have gone through this DRW since it was created by Dr. Bill Flanagan in 1981. John went through this workshop for himself and has volunteered most years since. Dr. Flanagan asked him 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 from the men and women in his practice growing through their own divorces.

The Workshop Team

We are a team of over 40 folks who have grown through our own divorces in this workshop, been screened and given specialized training. We do this pro bono out of gratitude for how this wonderful program helped us!

Adult attendance usually ranges between 65 and 125 with several dozen children and teens in their workshops as well.

Workshops for Children and Teens

We offer separate workshops for children and for Teens for no additional fee to assist them in coping with their parents' divorce in a healthy way. They both begin on night 3 of the adult workshop and run at the same time as their parents' program.

The children's program (grades 1 through 5) require that a parent be enrolled in the adult workshop. The teen workshop does not.

PREVIOUS ATTENDEES ON THE DIVORCE RECOVERY WORKSHOP

"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 married for twenty years with two children. 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.

Divorce Recovery Workshop

A Seminar for Divorced and Separated Persons of All Ages

Speaker: Dr. John Fry, Psychologist

Six Thursday Evenings at 7:30 p.m.

March 7, 2019 - April 11, 2019

September 19, 2019 - October 24, 2019

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

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.

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*

Date: March 7, 2019 - April 11, 2019 (Spring)
September 19, 2019 - October 24, 2019 (Fall)

Time: Thursday Evenings: 7:30 - 9:30 p.m.

Location: St. Andrew’s Presbyterian Church
600 Saint Andrews Road
Newport Beach, CA 92663
(two blocks from Irvine Ave. and 15th)

Phone: (949) 610-1701

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/

Weekly Topics

Week #1 Is This Really Happening to Me?

Understanding your Divorce Experience
Getting yourself stabilized
Breaking free from pining after hope is gone

Week #2 Moving Yourself Forward

Tactics against Procrastination
Bringing Yourself Up from Down
And a special presentation
by **Megan Stirrat**, Certified
Divorce Analyst of Merrill Lynch “**The Top Five Financial Mistakes Made when Divorcing**”

Week #3 Coping with Your Ex and Anger Management

Week #4 Helping Kids Cope with Divorce,
with **Dr. Lois Nightingale**, psychologist and author.

For those with grown kids or no kids
Coping with Divorce Stress, with **Greg Clarke**,
iron man triathlete and Director of Up and Running Again.

Week #5 Finding and Experiencing Forgiveness

Letting Go of Bitterness and Resentment
Forgiving without Giving up Your Integrity

Week #6 Creating New Relationships

Rethinking Dating from the Ground up
Pitfalls to Avoid in Dating
How to a Make and Become a better Pick
Also presenting: **Chrissy Follis, LMFT**,
specializing in: **Current Issues in Dating and Dating Websites**

Small group discussion each night in a safe environment with other men and women dealing with similar issues

Divorce Recovery Workshop Registration

Winter/Spring ___ Fall ___

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 _____