



MEN'S DIVORCE SUPPORT GROUP

Are you seeking support from other men going through the life change of separation and divorce, but no one in your immediate circle of friends seems to understand the challenges you are facing?

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This Men's Group is being offered to help men discuss the problems of separation, divorce, family, children, and topics unique to men from a man's point of view.

Topics like loss, self- value, identify, staying healthy, dealing with adult children, being a father, faith, dating, blending of families, dealing with your former spouse, resentment, blame, guilt and the need to overcome the anger you are feeling.....will be discussed.

This is being run by men who are divorced who have stepped forward and seen the need for this program. They want to provide support and get support from other men that are experiencing the same struggles of managing this life change.

If this sounds like something that can help you, please join us!

It doesn't matter if you are contemplating divorce, newly separated, going through the divorce process, recently divorced or divorced many years. You could have been married 4 years or 40 years, it doesn't matter, this program has help for everyone that attends!

MEN'S DIVORCE SUPPORT GROUP
Held Monthly on Wednesday Evenings
7:00 pm – 8:30 pm
St. Leo The Great, Parish Center Meeting Room
50 Hurleys Lane, Lincroft, NJ

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To register, or if you have any questions or need more information, Email Michele Coppola Wilson at: healfromdivorcetoday@gmail.com.

We don't ask if you're Catholic, we only ask if you need healing!
We hope you can join us, and we look forward to meeting you!