



PROGRAMS

DIVORCE RECOVERY GROUPS

Divorce Recovery Support Groups are for anyone ending a relationship (divorced/separated/unmarried) and in need of support in the process of this transition journey. Groups are 8 weeks in length and are closed to signups after the second week. The groups are led by trained volunteers who themselves have experienced the divorce process. Divorce Recovery is a non-sectarian program and wishes to thank our many host sites that graciously allow us to use their facilities.

To Register for any of our groups: Call (520) 795-0300 x2237 or Email DRinfo@jfcstucson.org

DIVORCE RECOVERY I

This group addresses the beginning of the “Endings” process. The goal is to help you accept the end of your relationship.

There is a \$70 fee that covers the 8-week session. The fee can be paid all at once up front or spread out through the eight weeks. We will not turn anyone away that cannot afford the fee but do ask to give what you can. Enrollment is closed after the 2nd week.

Please send an email that includes your name, phone, and email address in order to be signed up for the online group. You will be sent an invitation to join the group.

NOVEMBER

11/09 through 12/28, Tuesdays 7PM - 8:30PM
Location: Via Zoom

DECEMBER

12/01 through 01/19, Wednesdays 7PM - 8:30PM
Location: Via Zoom

JANUARY

01/10 through 02/28, Mondays 7PM - 8:30PM
Location: Via Zoom

DIVORCE RECOVERY II

This group addresses the “Neutral Zone” of the Divorce Transition. The focus is on the present, on you as an individual, saying goodbye to the past and getting ready to move on. There is a \$75 fee that covers the 10-week session. No one will be turned away but we ask to give what you can. Participants are asked to complete Divorce Recovery I prior to enrollment in Divorce Recovery II.

START DATE: NOV 10TH, 6:30-8:30pm
LOCATION: Via Zoom

CHILDREN OF DIVORCE AND CHANGING FAMILIES

This support group assists all family members (including never married parents) in the difficult transition through separation and/or divorce and in the formation of a step-family. The six (6) week online group consists of age-appropriate activities for children (12 to 18) and one parent. This helps facilitate open communication among family members to guide them through the family change process.

DATE: SPRING 2022

LOCATION: TBD

EDUCATION FOR LIFE WORKSHOPS

These classes help you build healthy lifestyles, as a single person or in a relationship. This is open to everyone. For information on the next topic and dates of the next class, contact Alan (520) 977-7885.

TIMES/LOCATIONS: This workshop is currently on hold until in-person meetings are an option.

FINANCIAL FIRST AID

Download or copy forms listed on www.divorcerecovery.net under *Financial First Aid*. You may complete the forms and budget prior to group. To register for the Financial First Aid group, email us at DRinfo@jfcstucson.org and provide your name and telephone number. Leaders of this group are providing basic help with budgeting and identifying spending and emotional money issues.

DIVORCE RECOVERY CALL-IN GROUP

Call for appointment (open weekly): (520) 795-0300 x2237 or Email: DRinfo@jfcstucson.org

GROUP FACILITATOR TRAINING

Want to make a difference in someone's life? Attend a Facilitator Training four week online session to help others in their Transition Journey.

DATE: SPRING 2022

LOCATION: TBD

