

## Living With Separation and Divorce

6:00 to 8:00 PM

**Cost:**

**\$180 for 6-week program**

(includes confidential screening interview and all course materials)

To register, or for further information, please contact:

(416) 921-1163

## Catholic Family Services of Toronto

Executive Director: Brenda Spitzer, MSc, RP, RMFT

### Central Toronto Office

The Catholic Pastoral Centre  
1155 Yonge Street, Suite 200  
Toronto, Ontario  
M4T 1W2  
(416) 921-1163

*Located at Shaftsbury Avenue  
And Yonge Street, next to the  
Summerhill Subway Station*

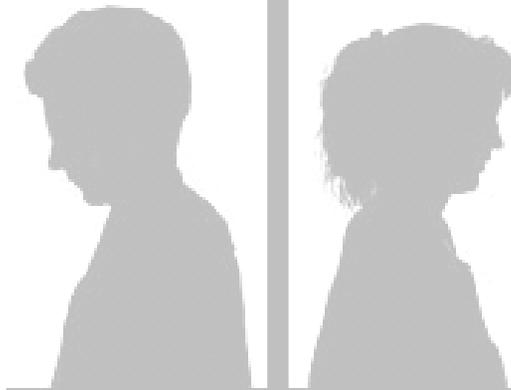
### North Toronto Office

245 Fairview Mall Drive, Suite 201  
Toronto, Ontario  
M2J 4T1  
(416) 222-0048

*Located east of Fairview Mall.  
Don Mills is closest Subway Station*

### MEMBER OF

**Catholic Charities of the Archdiocese of Toronto  
Family Service Ontario**



## Living With Separation and Divorce

Open to the Entire Community

[www.cfstoronto.com](http://www.cfstoronto.com)

**Catholic Family Services of Toronto is a Catholic Charities member agency supported by ShareLife.**

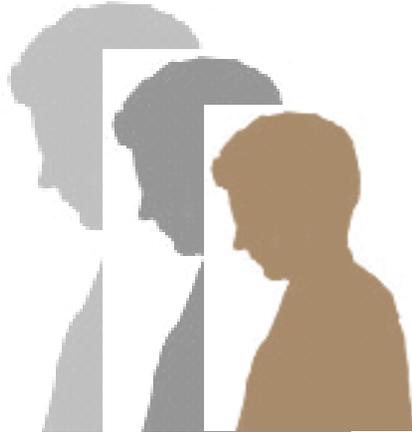
Catholic Family Services of Toronto is a scent-sensitive environment.

## Living With Separation and Divorce—Coping With A Difficult Transition

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This wasn't what you had planned for. And it certainly wasn't what you had hoped for.

Separating or divorcing from a partner can be a difficult transition for many couples. Whether it is a sudden and unexpected separation or one that has been developing over a period of time there is inevitably a sense of loss, mixed with many emotions — frustration, anxiety, anger, hurt, and fear, among others. These feelings can often undermine a couple's ability to deal with the separation in a positive way.



### We Can Help

At Catholic Family Services of Toronto, we help people to work through their emotions and their needs during this difficult experience.

Offered to individuals in a supportive and confidential group setting, we invite both men and women who are recently separated to work through the challenges they are facing in a constructive way. This includes considering how separation affects both partners as well as others who may be directly affected such as children, other family members, and friends.

Living With Separation and Divorce is a 6-week program for men and women who are recently separated. Various aspects of the separation process are explored, including:

- ◇ The Dimensions of Endings — Separation or Divorce as a Transition
- ◇ Grief and Loss—the Recovery Process
- ◇ Separation Anxiety—Ties that Bind
- ◇ Dealing With Anger
- ◇ Loneliness and Isolation
- ◇ Dealing With Your Former Partner
- ◇ The Effect on Children
- ◇ Self-Care, and
- ◇ Moving On

Ultimately, by the end of the program, participants will have a clearer understanding of the loss of their relationship. They will also have an ability to manage their current circumstances in a better way and have a sense of new direction and future plans.



As with all of our services, we invite people from all ethnic, cultural and religious backgrounds to participate in our *Living with Separation and Divorce* program.