

2017 OMAHA SCHEDULE

Spring Session

Mondays
April 3rd — May 8th

7:00 to 9:00 p.m.

St. Pius X
6905 Blondo Street
Omaha, NE



Summer Session

Tuesdays
August 22nd — September 26th

7:00 to 9:00 p.m.

St. Patrick's
20500 West Maple Road
Elkhorn, NE



Fall Session

Mondays
November 6th — December 4th

7:00 to 9:00 p.m.

St. Robert's
11802 Pacific Street
Omaha, NE

FOR MORE INFORMATION:

Omaha

Denise Carlson, Coordinator
Family Life Span and Bereavement

Center for Family Life Formation
Nazareth Hall
3300 N. 60 Street
Omaha, NE 68104
402-551-9003 Ext. 1304
dmcarlson@archomaha.org

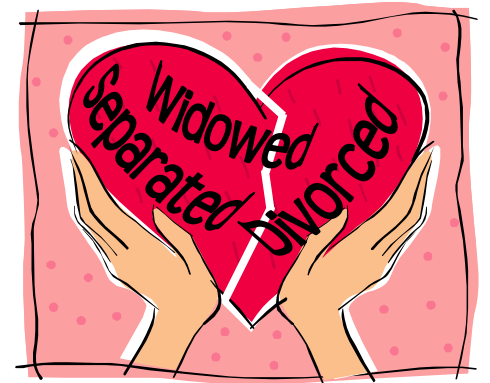


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For additional information visit our website at
<http://www.beginningexperienceofomaha.org>

HOW DO YOU
Mend A
Broken Heart?



COPING SESSIONS

OMAHA
2017

TOPICS INCLUDE:

WEEK ONE

Dealing with Being Alone,
Loneliness and Stress

WEEK TWO

Adjusting to Being Single Again

WEEK THREE

Discovering and Trusting
Yourself

WEEK FOUR

Dealing with your Former
Spouse or the Memory of Your
Deceased Spouse

WEEK FIVE

Accepting Changes in Your
Relationship With Others and
Your Social Activities

WEEK SIX

Growth Through Divorce,
Separation or Death

WHAT ARE COPING SESSIONS?

Coping Sessions help individuals work through the trauma of losing a spouse, whether it is by divorce, separation or death.

WHAT IS THE PURPOSE OF THESE SESSIONS?

Coping is a peer ministry—people caring for people. Groups meet once a week with a trained group of men and women who are themselves either divorced, separated or widowed.

WHAT HAPPENS AT THESE SESSIONS?

Each week there is a presentation concerning the topic for that week and a personal talk given by one or two of the trained facilitators. Following the presentation there is time for personal reflection to write and reflect on a set of questions pertaining to the weekly topic. After personal reflection a small group discussion takes place guided by facilitator from the Beginning Experience Team.

Each Session ends with time for socializing and light snacks.

HOW LONG DOES EACH SESSION LAST?

Each session is held from 7:00—9:00p.m.

WHAT IS THE COST?

\$25.00, which includes all six sessions.

No one is turned away for inability to pay. If financial assistance is needed please ask, we do not want anyone to stay away because of money.

WHAT PARTICIPANTS SAY?

“I didn’t think I needed it, but it proved to be extremely valuable and rewarding. Small groups, being able to talk openly with others going through the same thing was most helpful. Wonderful for the healing process. It’s real...nothing fake or sugar coated.” JB

“I was unsure at first because I had not made church a priority & all of these people were strangers, but the first day I came home so excited to go back. Sharing, hearing what others were feeling and were going through and seeing that light really is there at the end of this tunnel.”

MK

