



DIVORCE Recovery Workshop

**A Children's Workshop
is also available
and runs concurrently with
the Adult Workshop.**
(For children 4 yrs to Grade 12)

FEB 8 - MARCH 21, 2024
THURSDAY EVENINGS 7- 9 pm
7 SESSIONS (in a 7 week period)

■ **Workshop Sessions**

Deals with the emotions of a breakup
and the basics of healing.

- Week 1: Is This Really Happening to Me?
- Week 2: Dealing with Your Former Spouse
- Week 3: Assuming New Responsibilities
- Week 4: Coping Skills for Down Days
- Week 5: "New Community: Thinking About Forgiveness
- Week 6: New Community: New Relationships
- Week 7: Co-parenting Survival Skills

■ **Workshop Location**
Forks of Elkhorn Baptist Church
495 Duckers Road
Midway, Kentucky 40347

■ **Registration Fee WAIVED**

Registration Fees have been eliminated as
Fork of Elkhorn Baptist Church is sponsoring
all future sessions:

"Our Forks gift to the community"

There will be limited # of participant slots so
register early. You will need to register at the
website below.

■ **Register**

ONLINE REGISTRATION: [https://
forksbaptist.org/divorce-recovery](https://forksbaptist.org/divorce-recovery)

■ **Need Additional Information**

PHONE: James Stillwell (859) 940-3241
EMAIL: fjstillwell@gmail.com

PRESENTED BY

**Dr. James
Stillwell**
MINISTRIES



DrJamesStillwell.com

■ **Dr. James Stillwell**

*Pastoral Counselor at Interfaith
Counseling Center*

Dr. Stillwell is a master of divorce recovery
and helps people learn from their past, while
focusing on their future. Along with an
impressive academic background, Dr. Stillwell
has helped over 3,500 individuals and
families through the divorce recovery process,
and has 30 years ministry experience.

Dr. Stillwell is based in Lexington, and is a
happily married grandfather and father of
four children.

WHICH ONE ARE YOU?

Thinking about divorce? In the process of
separation, separated and not yet divorced?
In the process of divorce, recently divorced, or
divorced a long time ago? Parenting after
divorce, divorced with no children, divorced
with grown children? Initiator of the divorce,
the one who was left in a divorce? Single again
after a long relationship, grieving a breakup,
celebrating the end of a bad marriage?

The case scenarios are many, but regardless
of which scenario mirrors your situation,
you can benefit from this course offered by
Dr. James Stillwell.