

DivorceCare and Surviving the Holidays

and

DivorceCare 4 Kids

Surviving the Holidays for Kids

Divorce Care - This program is a support group that will provide opportunities to heal from the hurt of separation and/or divorce. It consists of an Information Session for adults only on Thursday, October 25, 2018, followed by 13 sessions on Thursday evenings, beginning November 1, 2018. [Click here for flyer](#)

DivorceCare – Surviving the Holidays – When facing separation and/or divorce the holiday season can be especially painful. Our ***Surviving the Holidays*** helps participants face challenges and discover how to deal with emotions and tips for surviving social events. It is held in the St. Mary's Parish Offices, 103 Jackson Street, Fishkill, NY. [Click here for flyer](#)

Divorce Care for Kids (DC4K) - This program is for children who have parents who are separated or divorced, or separated for any other reason. It provides a safe, fun place where children learn to understand their feelings, express their emotions appropriately, feel better about themselves and develop coping skills. This program will consist of 13 sessions on Thursday evenings, starting November 1, 2018. [Click here for flyer](#)

Surviving the Holidays for Kids – ***Herbie*** helps kids (ages 5 through 13) who are experiencing parental separation and/or divorce survive the holidays. It is the same time and place as the adult ***Surviving the Holidays***. [Click here for Flyer](#)

The Information Meeting for both programs will be on Thursday evening, October 25, 2018, at 7:00 p.m. at St. Mary's Parish office. This meeting is for adults only.