



Separated & Divorced Healing Ministry

Diocese of St. Catharines

PO Box 875, St. Catharines, ON L2R 6Z4

The Diocesan Separated & Divorced Healing Ministry Support Group meets every second and fourth Monday of the month (except holidays) from 7:00 p.m. to 9:00 p.m. at Mount Carmel Spiritual Centre, 7020 Stanley Avenue, Niagara Falls, Ontario.

For our pamphlet, information, and registration call 905-356-4113 or 905-684-0154, or email separatedanddivorced@saintcd.com

Meetings will be held both in person at Mount Carmel and virtually via Zoom platform.

To participate via Zoom please see contact information above to pre-register.

PROGRAM SCHEDULE FOR WINTER/SPRING 2023 (Jan - June)

January 9, 2023	Embracing the New Year
January 23, 2023	Overcoming Loneliness
February 13, 2023	Understanding Loss
February 27, 2023	Facing Fear
March 13, 2023	What is Forgiveness?
March 27, 2023	Do Not Be Afraid, Trust God Deacon Gunther Eyer, Presenter
April 10, 2023	Regrets, Apologies, Forgives Dino Sicoli, Presenter
April 24, 2023	Forgiveness and Grieving Dino Sicoli, Presenter
May 8, 2023	Navigating Change
May 23, 2022 (<i>Note date change to Tuesday due to holiday</i>)	Self Esteem
June 12, 2023	Who Am I Now?
June 26, 2023	Loving and Respecting Yourself

- ❖ No meetings July and August
- ❖ Next meeting September 11, 2023