

COPING

(Level 1 – 6 weeks)

The Coping program is designed for adults who have lost a spouse through separation, divorce, or death, and who are still dealing with the trauma of that loss.

The program is organized and run by a group of dedicated volunteers who themselves are separated, divorced or widowed.

This six-week program combines weekly presentations with a small-group discussion format, allowing time for private reflection.

Topics include loneliness, adjusting to being single, trust, dealing with your ex-spouse or his/her memory, changes in relationships, and growth. The presentations address the topics from both a factual and experiential perspective.

Cost to attend is \$5 per session, payable at each session. If you would like to attend, please complete the attached application and send it to:

Gerri Ellenberger
14821 Dyer Drive
Woodbridge, VA 22193

For more information on Coping, please call:
Gerri Ellenberger.....703-670-4845 or
Mike Bermudez 703-271-1080
or e-mail at copingrebuilding@hotmail.com

REBUILDING

(Level 2 – 9 weeks)

The Rebuilding program is designed for men and women who are separated, divorced, or widowed for some months, are over much of the trauma, and are ready to find ways to move ahead with their lives. The program is structured on the book “*Rebuilding When Your Relationship Ends*” by Bruce Fisher or “*Widow to Widow*” by Genevieve Davis Ginsburg.

The weekly format combines a reading assignment, a presentation, and breakout group discussions focusing on that week’s topic. We occasionally welcome guest speakers. The topics are intended to form stepping-stones that help the participant move ahead with rebuilding his/her life. Topics include anger, guilt/rejection/shame, fear, grief, self-worth, trust, and relationships.

If you would like to attend, please complete the attached application with a check for \$50 covering the cost of the book and meeting facility, **payable to “Rebuilding,”** to:

Joe Walker
255 Greenspring Drive
Stafford, VA 22554

You can also register on-line at
<http://www.copingrebuilding.com>

For more information on Rebuilding, please call:
Joe Walker703-596-2673
or e-mail facilitator@copingrebuilding.com

REBUILDING SCHEDULE

Dates

Sundays February 21, 2016 through
May 1, 2016
(skipping Easter Sunday and April 10)

Time

5:30 P.M. to 8:00 P.M.

Cost

\$50 one-time fee includes a book.

Location

St. Martin DePorres Center
4650 Taney Ave
Alexandria, VA 22304

COPING SCHEDULE

Dates

Sundays, October 16 to November 20, 2016

Time

6:00 P.M. to 8:00 P.M.

Cost

\$5 per week

Location

Saint Philip’s Catholic Church
7506 St. Philip Court
Falls Church, Virginia 22042

Registration Form

(Please Check One)

Coping Rebuilding

Your name _____ Age _____

Address _____

City, State, Zip _____ Email _____

Phone (home) _____ Phone (other) _____

Years married _____ Years separated, divorced, or widowed _____

Please Circle: Separated/Divorced _____ Widowed _____ Number of children _____

How did you hear about Rebuilding? _____

Mail registration and fee (\$50 payable to: "Rebuilding") to Coping-Rebuilding, 255 Greenspring Drive, Stafford, VA 22554

DIRECTIONS

St. Philip's Catholic Church

From Arlington: Take Rt. 50 West. Turn left on Graham Rd. Turn right on Camp Alger Ave. and continue beyond the stop sign at Holly Hill Dr. St. Philip Ct. will be on the right.

From I-495: Take exit 50 East, Arlington. At the first traffic light on Rt. 50 turn right onto Jaguar Trail. Bear left around the curve; Falls Church High School will be on your right. Take the first right after the high school onto Holly Hill Dr. Follow until the last block and turn right onto Camp Alger Ave. Take the first right onto St. Philip Ct.

St. Martin DePorres Center

From I-395: Go East on Duke St. about 1 ½ miles. Go left at 8th light onto N. Jordan St. At the 1st light turn left onto Taney Ave. Go 1 ½ blocks; St. Martin's Center is on the left, across from Patrick Henry School.

From Alexandria: Go West on Duke Street to N. Jordan St. (Take service road onto N. Jordan before intersection of Duke and N. Jordan – there is no right turn off Duke St. to N. Jordan.) At the 1st light turn left onto Taney Ave. Go 1 ½ blocks; St. Martin's Center is on the left, across from Patrick Henry School.

COPING & REBUILDING



2016

*Restoring HOPE
to the separated,
divorced &
widowed*