

# New Beginnings

## Divorce/Separation Support Group



Separation and divorce are difficult, painful and often lonely. It's never going to be easy, but it can be less overwhelming knowing you're not alone. New Beginnings is a new divorce and separation support group, a place for you to share your experience and find support and inspiration for whatever next steps await you.

There is no fee, the group is open to join at any time, and the facilitated discussion will follow the needs and situations of the participants. While hosted at a church, and faith counselling is certainly available on request, the group will not be focused on religion but rather on mutual support. Email [HHNewBeginnings@gmail.com](mailto:HHNewBeginnings@gmail.com) or call us at 905-877-8323 for more information.

**Wednesdays, 7:00pm, starting Sept. 25th**

**St. Alban's Church  
537 Main St., Glen Williams, L7G 3T1**