



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 or information, 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 2024 (Jan - June)

January 8, 2024	Embracing the New Year
January 22, 2024	Loneliness
February 12, 2024	Dealing with Fear
February 26, 2024	What is Forgiveness?
March 11, 2024	Learning to Forgive
March 25, 2024	Gifts of the Holy Spirit, Deacon Gunther Eyer, Presenter
April 8, 2024	Identifying Our losses
April 22, 2024	Coping with Grief
May 13, 2024	Navigating Change
May 27, 2024	Self Esteem
June 10, 2024	Who Am I Now?
June 24, 2024	Loving & Respecting Yourself

- ❖ No meetings July and August
- ❖ Next meeting September 9, 2024