



**Separated & Divorced Healing Ministry**  
**Diocese of St. Catharines**  
**PO Box 875, St. Catharines, ON L2R 6Z4**

The Diocesan Separated and 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, please call 905-356-4113 or 905-684-0154, or email [separatedanddivorced@saintcd.com](mailto: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 2026 (Jan. - June)**

January 12, 2026	Embracing the New Year
January 26, 2026	Dealing With Fear
February 9, 2026	Sadness and Depression
February 23, 2026	What Is Forgiveness
March 9, 2026	Learning To Forgive
March 23, 2026	The Gift of the Holy Spirit, Dcn. Gunther Eyer, presenter
April 13, 2026	Identifying Our Losses
April 27, 2026	Coping With Grief
May 11, 2026	Navigating Change
May 25, 2026	Self Esteem
June 8, 2026	Who Am I Now?
June 22, 2026	Loving and Respecting Yourself

- ❖ **No meetings July & August**
- ❖ **Meetings resume September 14, 2026**