

Is DivorceCare for me?

Divorce is one of the most painful experiences you can face. So many emotions. So many challenges.

You don't have to go through it alone.

DivorceCare offers support, answers, and practical tools to help you manage the many stresses of separation and divorce and find healing.

"Within minutes I felt accepted and safe."

If you could use help with any of the topics below, DivorceCare is for you.

DivorceCare topics

Emotional healing

Deep hurt
Anger
Grief & depression
Loneliness
Fears & anxiety

Overcoming relationship struggles

Family & friends after divorce
Conflict
Forgiveness
Interacting with your ex

Handling practical challenges

Single living
Financial & legal issues
Moving forward

How will DivorceCare help me heal?

DivorceCare is a 13-week support group that helps you heal from the pain of separation or divorce. The experience involves three main components designed to help in that healing.

Video seminar

- 30-minute video
- Practical advice and insights from divorce recovery experts
- Real-life stories from people who have been where you are

Focused support group

- Discussing what you learned from the video
- Talking about how to apply it
- Sharing how each group member is doing (only if you want to share)

Participant guide

- Exercises and articles for recovery and personal growth
- Parenting tips
- Practical tools to help you heal



How do I join a group?

See the information below:

Need another day or time?

Visit divorcecare.org/findagroup to find a list of groups in your area. Or find a group meeting online.

Find a group today!

Online groups available!

Watch the videos from your own device, then connect with an online group for discussion.