

Information for prospective members

Divorce Recovery Louisville a support group

contact: info@DivorceRecoveryLouisville.org
website: www.DivorceRecoveryLouisville.org



What we do

The group has met every week since 1982 to offer emotional support, practical advice, and a very real sense of community to people facing separation or divorce. We welcome, inclusively, anyone going through any stage of the end of a committed relationship.

When and where

The group meets every Sunday of the year from 5:00 to 6:30 PM, and we mean **every** Sunday: Derby weekend, Christmas Eve, High Holidays, 4th of July – we'll be there. There is never a charge for group participation, and childcare is provided for infants through fifth grade. You may join at any time – we all started as walk-ins.

We meet in Room 211 on the second floor of the education wing of Crescent Hill Baptist Church, 2800 Frankfort Avenue, Louisville KY 40206, at the corner of Birchwood Avenue. There is lots of free parking. TARC buses 19 and 31 stop out front. The building is fully accessible.

In a nutshell:

- **Confidential** What we share in our meetings is confidential. Period.
- **Frank** The only question that really matters is, "What are you going through?"
- **Non-sectarian** We do not take a faith-based approach to divorce recovery. Although we meet in a church building, we leave any faith-related aspects of your divorce to you and your home church or pastoral counselor. This way, we can serve people from a wide range of faith traditions as well as non-believers and those who might have become estranged from their faith community in the course of their divorce.
- **Responsive** We are a peer-to-peer support group, not a class. We don't have a curriculum or a pre-set agenda. Each small group of six to ten members and two facilitators sets its own course each Sunday evening, based on what people need that night. We keep Kleenex on hand for the tears. The amount of laughter might surprise you.
- **No waiting** Since we don't follow a curriculum, you don't have to wait a couple of months for the

next divorce class somewhere to start when your life feels like it's falling apart **now**. Just show up on Sunday evening.

- **Set your own pace** People stay with us an average of eight months to a year. You decide when to start, you decide when to stop; please make attendance a strong priority for your time as a member.
- **Not a dating group** In fact, think of this as an **undating** group, where you learn to live comfortably with yourself before you even think of partnering up again.
- **Leadership** The facilitators are all alumni of the group, and all of them volunteer their time. We don't ask people to facilitate until we've spent a year or so with them: Are they in a healthy place? Do they listen well? Do we trust them with our pain and our joy?
- **How does it work?** A small group with 10 members and an average age of, say, 50, can bring half a millennium's worth of life experience to bear upon whatever issues have come up in your life: grief, anger, parenting, custody, work, finances, moving, pets, grandparents, new relationships. And... long after friends and even family tire of hearing about what you're going through, the group will be there every week.
- **Why does it work?** Maybe it's this: you get 15 or 20 minutes to share what you are going through each week with the other members of your group and to hear their suggestions, and for the rest of the hour and a half you listen to what **they** are going through, and perhaps contribute your observations. Through their experiences, you come to understand yourself better. You come to understand your ex better.

You learn. You grow. You move on.

Please feel free to share this with anyone who would be interested in the work of Divorce Recovery Louisville.

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