



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, information, and registration call 905-356-4113 or 905-684-0154, or email separatedanddivorced@saintcd.com

PROGRAM SCHEDULE FOR JANUARY - MAY, 2022

Pre-registration is required. Meetings will be held both in person at Mount Carmel Spiritual Centre and virtually via the ZOOM platform. Please see contact information above [to pre-register](#).

IMPORTANT NOTE RE IN-PERSON MEETINGS

For in-person meetings there will be protocols in place specific to the health guidelines in regard to the COVID-19 pandemic. In-person meeting participants must provide Proof of two doses plus fourteen days of a Covid-19 vaccine prior to entry, and complete a COVID-19 screening questionnaire. In-person meeting participants will be required to bring and wear a mask at the meetings and practice social distancing. If you forget your mask, a limited supply will be on hand for use.

January 10, 2022	Embracing the New Year
January 24, 2022	Overcoming Loneliness
February 14, 2022	Understanding Loss
February 28, 2022	Facing Fear
March 14, 2022	What is Forgiveness
March 28, 2022	Gift of the Holy Spirit, Dcn. Gunther Eyer, Presenter
April 11, 2022	Guilt, Regrets, Apologies, Dino Sicoli, Presenter
April 25, 2022	Grief Journey, Dino Sicoli, Presenter
May 9, 2022	Navigating Change
Tuesday, May 22, 2022 <i>(date change due to holiday)</i>	Self-esteem
June 13, 2022	Who Am I Now
June 27, 2022	Loving and Respecting Yourself

❖ *No Meeting July & August*

❖ *Next Meeting September 12, 2022*

