

DIVORCE GROUP OUTLINE

1. Getting to Know You
 - *Introductions
 - *Rules of Group
 - *Chain link activity
2. “The day I found out”
 - * Create a collage- express feelings, things you were afraid of/worried about
 - * Discuss
3. Holidays/Family gatherings
 - *Spending time with families
 - *Stressors
 - *Ways to cope
4. Stages of grief/loss – where are you?
 - * “Box of 32” – gift to self
 - * Road of Life activity
5. Feelings
 - *Feelings
 - *Create Masks – talk about how we hide behind feelings
 - *Communicating feelings with I statements
6. Alcohol, Tobacco and other drugs
 - *Using drugs to cope/path of addiction
 - *Staying Smart
 - *Feeling good naturally/alternatives to ATOD use
7. My Family Now
 - * “6 word memoirs” – one for mom, dad, good that has come from divorce, marriage, family
8. Positive Affirmations
 - * Sticky Note activity – each person is in the “hot seat” while other group members “stick” them with positive things they have noticed about that person
 - * Post-group survey