

Winter 2010 Session
Oakbrook Community Church
3409 S 200 W (Dixon Rd)
Mondays: 6:30 – 8:30 pm
(no session on April 5)



Jan 25 -- What's Happening to Me? – Session 1

This introductory seminar helps answer the question, "Why do I feel the way I do?" It helps participants become comfortable with the support group concept.

Feb 01 -- The Road to Healing/Finding Help – Session 2

This video segment helps the participants identify the losses that occur as the result of divorce. It also discusses ways to begin the process of healing from the hurt of divorce.

Feb 08 -- Facing Your Anger – Session 3

This video seminar deals with the subject of anger, a nearly universal reaction by both spouses during a divorce, and offers constructive suggestions for dealing with anger.

Feb 15 -- Facing Your Depression – Session 4

Depression can paralyze a person going through divorce. Despite this, it can be a "healing emotion," and this video seminar explores constructive responses to depression.

Feb 22 -- Facing Your Loneliness – Session 5

After divorce, many people respond to their loneliness in ways that will cause them even deeper pain. This segment explores healthy ways to overcome loneliness.

Mar 01 -- What Does the Owner's Manual Say? – Session 6

This video seminar explores real-world answers from the Bible on issues related to separation, divorce and remarriage, presented in an easily understandable format.

Mar 08 -- New Relationships – Session 7

This seminar will help viewers understand the hurt that can come from a premature new relationship and how to know when they are ready to enter a new relationship.

Mar 15 -- Financial Survival – Session 8

Most people are stretched financially during divorce. This video segment offers practical help on how to survive and ways to deal with the many money issues that arise in divorce.

Mar 22 -- KidCare – Session 9

This video seminar helps parents understand the effects of divorce on children and offers tips on being an effective single parent.

Mar 29 -- Single Sexuality – Session 10

This important video segment will help viewers understand sexuality from God's perspective and will discuss how to deal with sexual urges and desires. It is possible to be single again and satisfied.

Apr 12 -- Forgiveness – Session 11

The hurt that comes with divorce is a barrier that prevents many people from forgiving their former spouse. This seminar shows that healing cannot occur without forgiveness.

Apr 19 -- Reconciliation – Session 12

This video seminar profiles the different types of reconciliation that can occur after divorce and explains why pursuing reconciliation is so important, even when those involved don't feel like reconciling.

Apr 26 -- Moving On, Growing Closer to God – Session 13

How can God produce something good out of something as bad as divorce? This segment will show participants how they can grow closer to God through their divorce experience.

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Jan 25 -- What's Happening to My Family? – Session 1

During this session your children will find comfort and relief from the anxiety of what is happening in their lives. They will learn what to expect each week in DC4K.

Feb 01 -- God Loves Children in All Kinds of Families – Session 2

This session assists your children in realizing that everyone's family situation is different. It also encourages your children to help you develop a healthy single parent home.

Feb 08 -- Facing My Anger – Session 3

This unit helps your children recognize angry feelings and how to deal with these feelings in a healthy and acceptable way. They will learn it's okay to be mad but not to hurt others when they are angry.

Feb 15 -- Journey from Anger to Sadness – Session 4

This session's goal is to acquaint your children with the sadness phase of grief in the divorce process. It helps them learn how to process this in an emotionally healthy manner.

Feb 22 -- I Am Not Alone – Session 5

Your children will realize they are not alone and there are people, including a heavenly Father, who care about them and love them. They will understand that it is okay to ask for help.

Mar 01 -- God's Plan for Me – Session 6

This session gives your children hope and comfort in knowing God always loves them and will meet all of their needs. Your children will realize they have choices to make and learn how their choices affect others.

Mar 08 -- Developing New Relationships – Session 7

This week's theme helps your children realize their relationships with Mom and Dad and others are different since the divorce. Your children will learn how to develop new relationships. They will realize it's okay to be loyal to each parent without feeling guilty.

Mar 15 -- Developing Money Smarts – Session 8

Helping your children understand various aspects of budgeting and spending will help them understand budgeting issues in your family. This unit includes ideas about earning and spending money wisely.

Mar 22 -- It's Not My Fault – Session 9

This session communicates to your children that divorce is an adult problem between two parents. Your children will learn the divorce is not their fault.

Mar 29 -- Telling My Parents How I Feel – Session 10

This session helps your children learn how to talk to you and their other parent about how they feel about different situations in an honest, yet respectful manner.

Apr 12 -- Forgiveness – Session 11

The goal is to help your children understand what forgiveness is and how to forgive others. This session exposes your children to the concept of taking responsibility for their own actions and attitudes.

Apr 19 -- Loving My Parents – Session 12

This session is designed to educate your children that their parents still love them and to help each child express love to both parents.

Apr 26 -- Moving On: Growing Up and Closer to God – Session 13

This session assists your children in realizing life goes on after divorce and they can have healthy and happy futures. It helps the children understand they are individuals with their own talents, hobbies and interests.