

DIVORCE *Care*

DivorceCare is a weekly seminar/support group that helps divorced or separated people heal from the hurt. It provides a warm, caring, and confidential environment in which participants can learn practical information and gain hope for the future.

Contact Denise Ruiz for more information.
[502-426-1588 ext. 126](tel:502-426-1588) or druiz@stmm.org



DivorceCare for Kids, DC4K, provides a safe, fun place where your children will learn to understand their feelings, express their emotions appropriately, feel more confident and develop coping skills.

Contact Denise Ruiz for more information.
[502-426-1588 ext. 126](tel:502-426-1588) or druiz@stmm.org

Struggling With



Are you or someone you know struggling with fertility issues? Are you wanting to stay faithful to the Church's teachings but not sure how to proceed?

We can help!

Catholic Charities of Louisville in conjunction with the Archdiocese Family Ministries Office offers an email-based support community made of people who have themselves been struggling with this issue in the hopes of connecting people to support one another.

The group is centrally moderated and connections are made confidentially and with no obligations. Articles, testimonies and resources are shared via the system as well to try and give as much support as possible for those in need.

We know that many people struggle with fertility issues . . . We want to make sure that they don't have to do so alone.

Contact Deacon Stephen Bowling for more information or the join the group.
Archdiocese Family Ministries Office
sbowling@archlou.org

Support Groups

Providing a warm, caring, and confidential environment



PAL

Parents of Addicted Loved Ones

Grandparents Raising Grandchildren

Due to the premature death (often for overdoses or suicide) of their children

GRASP

Grief Recovery After a Substance Passing

Infertility

Support during fertility issues

DivorceCare

Support for adults and children

In partnership with:



Office of Family Ministries





PAL PARENTS OF
ADDICTED
LOVED ONES

YOU ARE NOT ALONE

Are you struggling with a family member addicted to drugs or alcohol?

Join us at a PAL meeting. Each meeting begins with prayer, followed by the stating of group guidelines, introductions, then exploration/discussion of an educational topic such as:

- Delayed emotional growth
- Three promises to a loved one
- Healthy helping
- Enabling checklist
- The four stages of growth in recovery
- 13 family lessons about recovery
- Alcoholic/addict roles and family roles
- Re-entry transitional living and after care
- 12 Principles of Healthy Adult Relationships

Lastly, members have an opportunity to share what's going on in their present struggles or victories with their loved one, and the meeting closes with prayer.



**Meetings Every Sunday
6:00-7:30 pm
Raphael Room**

**St. Raphael the Archangel Church
2900 Bardstown Rd.
Louisville, KY 40205**

Contact Michele Cable for more information.
mmeeks13@bellsouth.net

**Meetings Every Thursday
6:00-7:30 pm**

**Bardstown First Christian Church
175 E John Rowan Blvd.
Bardstown, KY 40004**

At the intersection of 31E and 245 across from Walgreens

Contact Terri Adams for more information.
tadams@bartonbrands.com

www.pal-group.org



Grief Recovery After a Substance Passing

Anyone who has lost a loved one through substance use knows that society treats this loss differently than a death from any other cause. Sometimes people believe that the one who died must have somehow been a bad person. And for those of us left behind, that we too must have somehow been a bad person; otherwise, they wouldn't have died. But we are not bad people. The one we lost was not a bad person. There is no blame here. For him/her or for you. This person struggled with this disease but, ultimately, this disease took his/her life. And however you tried to help your loved one, you did your best. Because that's what love does.

Grief Recovery After Substance Passing (GRASP) was created to offer understanding, compassion, and support for those who have lost someone they love through addiction and overdose. We have found through GRASP that we don't have to walk the road that is our pain alone. We walk it together; hand in hand and heart to heart.



SOS For Addictions

Grandparents Raising Grandchildren and Kinship Family Support Group

Join us at a SOS meeting. If you cannot join us in person, the educational series will be broadcast live on Facebook so you may join us remotely or view the video at a later time. Be sure to follow us at www.facebook.com/SOSforAddictions to stay up-to-date with future group information and events.

**Meetings Every Second and Fourth
Thursday of the Month
Noon-1:30 pm**

**Taurus Park Place
10300 Linn Station Rd, Suite 275
Louisville, KY 40223**

Contact Janie Oaks for more information.
janieoaks1234@gmail.com

**Meetings 2nd Monday of Each Month
6:30-8:00 pm
in the multi-purpose building**

**Holy Trinity Church
502 Cherrywood Rd.
Louisville, KY 40207**

Contact Mary Wuerdeman for more information.
[770-265-0772](tel:770-265-0772) or marywuerdeman@comcast.net

<http://grasphep.org/about-us/>