

The Oasis Experience, Inc.

Four Week Empowerment Group for Women of Divorce
To begin September, 2019

Unlike the 8 week Empowerment Group, "Creating the Life You Deserve", this shorter program will still offer important topics of discussion each session. The focus is on learning and growing. Meaningful conversations ensue, which creates bonding between the participants. Divorce is a time of confusion, uncertainty and stress. Keeping on track means working hard to find your focus and continuing in that direction. It is an uphill journey. **The Group is appropriate for those contemplating, in the process or already divorced.**

Topics for discussion may include:

- **"The Four Agreements"**.....a book by Don Miguel Ruiz, who holds the belief that our self-limiting beliefs rob us of joy and create needless suffering. The Four Agreements offers a powerful code of conduct that can transform our lives.
- **Irrational Thinking**.....based on Rational Emotive Therapy, we can assess and improve our thinking, feeling and behaving. There are 10 Irrational Ideas that frequently trap us!!
- **Alone vs. Lonely**
- **Meeting new people and creating a new social life**
- **Anger & Forgiveness**

The Group will meet one evening a week for four consecutive evenings, 7-8:30 p.m. at Willow Clinical Services, 2150 Manchester Rd., Wheaton. I would like to begin the Group shortly after Labor Day. Payments for all four sessions must be in advance and the cost for the four week program is \$120. The Group Process and information is very valuable. Giving yourself the gift of time, contemplation and a road to healing is vital in your recovery. Payments can be made by credit card, cash or check.

Five participants are required for the best Group dynamic. As soon as I have five commitments, we can set a start date. Please contact Linda Lucatorto to reserve your spot in the Group. Call 630-887-0374. Visit www.oasisexperience.com

"Champions know there are no shortcuts to the top. They climb the mountain one step at a time. They have no use for helicopters." Judi Adler