

BRIDGEWATER

St. Bernard of Clairvaux Church
500 Route 22
Bridgewater, NJ 08807

Self-Help Support Group

Meetings: weekday evening TBD

Prayer Support: as need arises

Contact: Mary Beth Tarantino 908-334-8973

Lydia Augello laugello@verizon.net

SDB@stbernardbridgewater.org

FORDS

Our Lady of Peace Church
26 Maple Avenue
Fords, NJ 08863

Self-Help Support Group: As need arises

Contact: Sally Urban 732-225-3220

Support Group:

Meeting: 1st & 3rd Monday of Month

Time: 7:30 PM

Contact: Sally Urban 732-225-3220

HILLSBOROUGH

Mary, Mother of God Church
157 South Triangle Road
Hillsborough, NJ 08844-4800

Self-Help Support Group: As need arises

Contact: Deacon Jake McCormick
908-947-8665

12 Week Support Group: Fall & Winter ★

Meeting: TBA

Time: 7:30 PM

Contact: Deacon Jake & Mary McCormick

deaconjake@marymotherofgod.org

PISCATAWAY

Our Lady of Fatima Church
50 Van Winkle Place
Piscataway, NJ 08854

Self-Help Support Group: As need arises

Support Group:

Meeting: 2nd Wednesday of Month

(No meetings July & August)

Time: 7:30 PM

Contact: Lucy MacDonald

732-968-4093

chickiemac@hotmail.com

★ *A 12-week program featuring 30-minute DVD sessions that cover topics of shock, denial, anger, grief, and much more.*

Experts in the DVD series include some of the best and brightest counselors, teachers and authors as well as men and women who share their own stories of divorce and recovery.

All sessions are guided by a diocesan trained facilitator.



Rainbows Headquarters

Ph. (847) 952-1770

<https://rainbows.org/contact-us>

The Family Life Office in the Diocese of Metuchen sponsors support groups for Separated and Divorced Catholics.

The first, is a “self-help” support group, based on the premise that sharing one’s thoughts, feelings and experiences, is one of the most helpful ways of moving beyond the pain of divorce. This is true, particularly if the other participants are going through a similar experience. The small group (limited to 10 people) is facilitated by a trained person who is also separated and divorced.

The “self-help” support group meets once a week for 6-8 weeks. The groups are held at various locations throughout the Diocese as the need arises. For additional information call the contact person listed in this booklet.

The second, is a “support” group primarily educational, informational, spiritual and social in its scope. It differs from the self-help group in the following ways:

- Registration is not required.
- The size of the group is not limited.
- There are fixed meeting dates (usually once or twice a month).
- Guest speakers are usually part of the agenda. Topics such as guilt, denial, anger, single parenting, loneliness, sexuality, finances, and annulments (among others) are discussed.

Helping You Find Peace, Power, and Passion after Your Divorce

For Men and Women Seeking
Healing from Divorce

The Program was created to bring hope and healing to divorced and separated Catholics. With the help of counselors, theologians, and priests, you can go from pain and loneliness to hope and healing. Practical advice meets pastoral care, with the help of experts and others who have suffered through divorce. As they witness to their pain and to the redemptive power of Christ, you will laugh, cry, and identify with their journey from heartache to healing.

It will help you:

- Discover how to work through the emotions of separation and divorce.
- Experience personal healing and hope.
- Gain wisdom and comfort from others who share your experiences.
- Address questions of forgiveness and new family dynamics.
- Obtain an understanding of the annulment process.

Most Reverend James F. Checchio, JCD, MBA
Bishop of Metuchen



Diocese of Metuchen
Family Life Office
P.O. Box 191
Metuchen, NJ 08840
732-243-4573

Web

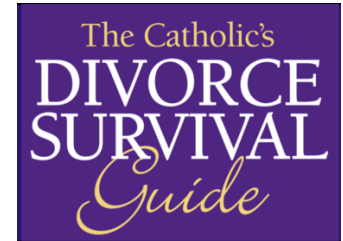
[www.diometuchen.org/deptsministries/
family-life/consolation-ministries/](http://www.diometuchen.org/deptsministries/family-life/consolation-ministries/)

E-mail

family.life@diometuchen.org

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Bishop of Metuchen

*Support
Groups*



*Family Life Office
Diocese of Metuchen*

11/2018