



The information and support offered at Shepherd's Gate Church will help you through the difficult life-experience you are facing, and better equip you to live the abundant life God desires for you.

TO REGISTER: Fill out this form and turn it in at the Connection Center, register on-line at [sgatechurch.org](http://sgatechurch.org) or email [care@sgatechurch.org](mailto:care@sgatechurch.org).

NAME

PHONE

EMAIL

## CARE MEETS THURSDAY NIGHTS SEPTEMBER - MAY DINNER AT 6:30P | GROUPS AT 7P

Please check the box(es) of the program(s) you are interested in.

### **GriefShare**

A support group for adults experiencing grief due to the death of a loved one. Video-based curriculum offers practical coping skills and education, while group environment offers support and encouragement.

### **Boundaries**

Learn healthy boundary setting techniques and communication skills through group lessons.

### **Parenting without Partners**

If you are a single parent, you're probably tired, overwhelmed and feeling a bit under appreciated. That's why we created Parenting without Partners—to share tips and parenting wisdom that will help you find rest, hope and encouragement.

### **Healing is a Choice**

This group offers support to those who struggle with past or current hurts. Learn how to more effectively cope with difficult people and painful relationships.

### **DivorceCare**

A divorce recovery group for adults that includes a weekly video seminar and time for support and discussion. Topics include financial survival, facing your anger, finding healing and more.

### **DivorceCare for Teens**

A group to help pre-teens and teens handle their parent's divorce. We cover topics such as anger, communication, perspective and more.

### **DivorceCare for Kids**

A group to help children handle their parent's divorce. Combining music, activities, videos and crafts, we create an environment where kids can learn practical coping skills while finding support from others who understand.