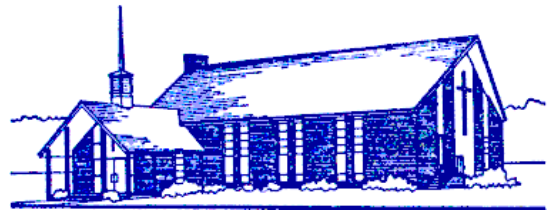


Church of the Nazarene

2 Annanias Avenue
Patchogue, New York 11772



Rev. Jerry Bonfiglio, Senior Pastor
Rev. Nick Franco, Assistant Pastor

Telephone 631-654-3795
FAX 631-654-4950
Website: <http://www.patchnaz.net>

Divorce Care Group Guidelines

We will be together for 16 weeks as a support group. One of the key goals of a Divorce Care Group is to help the group bond as a 'family', developing closeness, trust and the freedom for each person to share what they are feeling and thinking. Your primary goal while attending our seminar is to heal from the trauma of your separation and/or divorce. Because we want everyone to be comfortable and feel free to discuss whatever is on their mind, we ask that you adhere to the following guidelines while attending this group:

- **Maintain confidentiality.** All members and leaders are expected to keep all personal experiences shared in the group confidential (within the confines of the group discussion). Discussing confidential matters with others can cause a great deal of distress and many times even bring undue emotional, legal, or physical harm.

Feel free to discuss your own experiences with the group. Don't identify others or their experiences to others outside of the group. This will help develop an atmosphere of trust. However, we can not guarantee that everyone will follow this guideline. Please be cautious with what you share.

Please understand that the group leaders discuss all aspects of the Divorce Care Program on a normal basis, this includes any one-on-one conversations that you and a leader might have.

If a member decides to share information regarding situations that are illegal, this places the facilitators and the Church of the Nazarene in a position to report the information to the appropriate authorities.

- **Dating.** You and the other group members are emotionally vulnerable. It's important to build mutual trust, demonstrating that you are a part of the group to find healing and not because you are seeking a new relationship. Please understand that even though the group is held in a church setting, this does not mean everyone is healthy, safe, or trustworthy.

We do not allow dating within the group and strongly urge you to consider not dating at all during the attendance of the Divorce Care Recovery Program. This is a time for healing and building emotional strength. If you are emotionally involved with someone of the opposite sex, your focus is not where it needs to be and will affect your recovery. We encourage you to make friends with those of the same sex and exchange contact information to support each other during this time.

- **Sharing.** Everyone will be given an equal opportunity to share their experiences. There is no requirement that you talk or share in the group, but you are encouraged to do so when you are ready or want to. Please try to follow these guidelines:
 - 1) Allow one person to speak at a time. Everyone's feelings are important and you might miss something that could be important to you if we are having several small group discussions. Since we'd like to give everyone an opportunity to share, please try not to dominate a conversation.
 - 2) Maintain a non-judgemental attitude towards other members of our group.
- **Be sensitive.** Some of you are naturally outgoing and comfortable in sharing your feelings. Some of you are a bit more shy. If you are outgoing, make sure you don't dominate the group. If you tend to be quiet and shy, make an effort to participate (you'll be glad you did). We understand that when you have children, there is the need for them to be able to get in touch with you at all times. We request that if you have a cell phone and/or pager, that you set them to 'Vibrate' before the class begins. While they are of importance, they do cause a disturbance when they go off in the middle of a discussion.

- **Test your expectations.** This is a group designed to help you and the other group members heal from the hurt of divorce. It is not an environment to encourage dating relationships (as you'll see on the videotapes, dating too early can add to your hurt!).
- **Commitment.** Divorce Care is a commitment to each other and to the group for 16 weeks. Please make an effort to attend every session and be on time. In order for us to effectively see the video and allow ample discussion time for everyone involved, if you are not going to be able to attend a class or be more than 15 minutes late, please call us at **631-335-2229**. We will make every effort to schedule a makeup session with you.
- **Professional and Legal Counseling.** This group does not offer, or take the place of professional counseling or legal counsel. Ideas shared within the group are intended as support, encouragement, and insight for grieving the loss of a marriage.
- **Some things to be aware of:**
 1. Be prepared to hear yourself saying “That doesn’t apply to me” or “that might be true for everyone else but not me”. Those phrases are typically warnings of an area where you might have a closed heart and mind to hear truth. If you feel that a specific session doesn’t apply to you, ie. Kid Care because you don’t have children, we strongly suggest that you don’t skip a class. You might not be ready for the class at that particular time, but seeds will be planted that you will recall later on. In the case of Kid Care, you might meet someone that does have children and this would benefit you then.
 2. Ask yourself “Am I teachable?”

If you have internet access, and wish to share something between classes, we have started a email list for you to do so. We'll make you a part of the group and you can just send an email to patchnazdc@mail.patchnaz.net.

If you need to get in contact with us, you can either call the Church and leave a message or you can call us: Scott (631) 736-4809 or email: sjs0916@fnol.net and Judy (631) 289-5803 or email: judykins11772@yahoo.com. We are available to you 24 hours a day, 7 days a week, within reason.

Agreement:

“I agree that I will abide by the Group Guidelines and will not discuss anything shared in the group. I realize the importance of respect when it comes to the confidentiality of others and cannot willfully expect them to keep my comments to themselves if I choose to openly discuss personal information outside our group.”

“I also agree not to date anyone within my group and will consider not dating anyone while attending the Divorce Care Recovery Program.”

“I understand that if I decide to openly discuss personal information outside of the group or to date members of the group, that I will be no longer welcome to attend the program .”

“I acknowledge that neither the Church of the Nazarene, Scott Smith, Judy Benson, Barbara Furfuro, or other facilitators are providing professional counseling or legal advice.”

Name (please print): _____

Signature : _____

Date : _____