



divorce *rebuild life on a
solid foundation*
RECOVERY

Tuesday Evenings
@ 6:30 pm
6 week classes

ADULTS

Begins August 30

KIDS

Begins August 30

TEENS

Begins September 6



BRENTWOOD
UNITED METHODIST CHURCH

309 Franklin Road · Brentwood, TN
615-373-3663 · www.bumc.net

divorce rebuild life on a solid foundation RECOVERY

Begins
Tuesday,
August 30
6:30 pm
Rm B152-A

ADULTS

*Rebuild Life on a
Solid Foundation*

The class is open to the public, and it is appropriate for anyone going through or who has gone through divorce. Meet with others to explore roller-coaster feelings, learn to forgive, discuss dating after divorce, learn how to deal with an ex - including how to deal with an ex with your children, and learn available, community resources. **(\$31)**

REGISTER
& PAY

www.bumc.net/register

Begins
Tuesday,
August 30
6:30 pm
Rm B149-A

KIDS (ages 9-12)

*Thriving Kids
Through Divorce*

Kids ages 9-12 will learn how to cope with their divorcing parents.
Class led by Stacy Jagger.
www.SunnyBrookCounseling.com
(New Class - Free)

QUESTIONS

Contact Julia Todd at
615-324-7256

Begins
Tuesday,
September 6
6:30 pm
Rm A184

TEENS (ages 13-17)

*Teens in Between: Dealing
with Parental Divorce*

Teens ages 13-17 will learn how to cope with their divorcing parents.
Class led by James Wellborn, Ph.D.
www.DrJamesWellborn.com
(New Class - Free)