

# TRANSITIONS

## Separation & Divorce Ministries for the Diocese of Saskatoon

**Transitions** Ministries are evening weekly meetings designed to help individuals heal after the end of their marriage. They are offered in our diocese and are facilitated by volunteers through the office of Marriage & Family Life. These programs are offered to individuals of all faith expressions.

### Which Transition Ministry is appropriate for you?

To help you discern which support group would most benefit you,  
we invite you to consider the following checklist:

<b>Transitions ONE</b> is a program for any individual who is in the early stages of a formal separation.	<b>Transitions TWO</b> is a program for any individual who has been separated about a year or in the early stages of divorce.
"I can never speak about my separation without crying."	"I can often speak about my separation without crying."
"I can't sleep since my divorce."	"My sleep patterns are returning to normal."
"I get so angry at times I explode."	"I still get angry, but I'm learning to express it in healthier ways."
"My kids and family are in shock."	"My kids and family are upset, but they're starting to deal with it."
"My mind is focused on the divorce 99% of the time."	"I think about my divorce but I also have other things going on in my life."
"I've moved twice in the last month. Who knows where I'll be next month."	"I've settled into a place of my own and know one or two of the neighbours."
"I have never spoken to a counselor."	"I saw a counselor for a while and it was helpful."
"Everything I feel, think, see is my divorce."	"I'm moving on bit by bit, even forgiving a few things."
"I avoid dealing with my separation by abusing alcohol/drugs/sex/other."	"I am starting to deal with my separation by reaching out for help."
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