

# DivorceCare, DC4K & Foundations

## Frequently Asked Questions

### ***What is the time and location?***

We meet every Monday evening from 6:15 - 8:30pm. If this is your first time you can arrive as early as 6:00pm to register. For more information, please check the 'Find A Group' website, [www.divorcecare.org/findagroup](http://www.divorcecare.org/findagroup), or [www.crossroads.org/divorce](http://www.crossroads.org/divorce).

Crossroads Fellowship is located at [2721 E. Millbrook Rd, Raleigh NC 27604](#). DivorceCare meets in the North end of the building (which is the back of the facility from Millbrook Road - [view map of building](#)). Please stop at the Welcome desk to register.

### ***What is the program trying to accomplish?***

The goal of DivorceCare is to provide a Christ-centered, Biblically-based foundation for healing from the devastation of separation and divorce, while providing ongoing support in a 'safe' environment during this time of healing. It's an opportunity to slow down, take a deep breath, and realize that you are not the only person going through this pain. You are not alone! We liken it to an Emergency Room. Help is needed right away and DivorceCare provides that help.

### ***How many people usually attend?***

Attendance varies. Typically we have four groups with 6-8 people in each group. Each facilitator has experienced divorce personally and found healing through attending DivorceCare. They are passionate about helping you start your healing.

### ***Can my spouse and I attend the same meetings?***

No. We firmly believe that each of you will benefit greatly from the DivorceCare ministry, but ask that you attend in different locations. To find a listing of churches currently hosting the ministry, please visit: [www.divorcecare.org/findagroup](http://www.divorcecare.org/findagroup). Place your zip code in the 'Find a Group' tab and a list of groups will be available by church name, location and time frames.

***Is this program only for those recently divorced or separated?***

No, not at all. Whether you have been separated one day, or divorced for over 20+ years, this is the place for you. Time is only one of the components of healing, not the healer itself. DivorceCare offers resources and tools to navigate your journey wherever you are in the process.

***What if I'm a returning participant and have my own workbook?***

You will not have to pay the registration fee again, but you will need to register with us again.

***I'm currently seeing someone. Is this a problem?***

We strongly encourage and ask you not to date while you are in DivorceCare. This is your opportunity to focus on you and on your healing. The healing process will only be hampered if you are in a relationship, or simply "seeing someone". You will have many years to date, should you choose. Give yourself time to heal. You won't regret it.

***How can I know that everything I say will be held in confidence?***

We adhere to a covenant that you sign when you register. Discussion of what takes place in your group is to be held in the strictest of confidence.

***What are the session topics for DivorceCare?***

DivorceCare is divided into thirteen topics:

- What's Happening to Me?
- The Road to Healing/Finding Help
- Facing My Anger
- Facing My Depression
- Facing My Loneliness
- What Does the Owner's Manual Say?
- New Relationships
- Financial Survival
- KidCare
- Single Sexuality
- Forgiveness
- Reconciliation
- Moving On, Growing Closer to God

## ***What are the session topics for Foundations?***

Changes that Heal  
Boundaries  
Hiding From Love  
Safe People  
How People Grow

## ***Do we break up into small groups?***

Yes, the organizational core is small groups. We watch the video lesson offered each week together while using a guidebook and then break out into small groups. You will stay with the same small group for each session.

## ***When and how is registration done and what is the cost?***

We have one night of Pre-Registration before each 13 week session begins. This is a special night with a free meal and typically we have a guest speaker. The topic is Mediation. It is important to attend this meeting as a way to get the "jitters" out, learn more about the ministry itself, and meet the leadership team before starting the series.

Our regular registration is open every weeknight when we're in session. Just come in from 6pm to 6:30pm. The current registration fee is \$15 for DivorceCare. Child care is free for ages 6 weeks to 10 years old.

When offered, DC4K registration is \$15 for the first child, \$10 for the second and \$5 for any additional children. Foundations costs vary depending on the cost of the book, usually \$15. Scholarships will be available on a case-by-case basis.

There is no further cost if you are already registered and want to attend a second cycle.

## ***Is it possible to join in the middle of a session?***

Yes, as noted, registration is open at all times when we are in session. We encourage participants to go through two cycles.

## ***What are the ages for DC4K?***

When DC4K is offered, children aged 5 -12 are welcome. We ask that you register each of your children to make sure that we have resources and space available. For more information please contact **Susan Hunt**.

***What are the session topics for DC4K?***

What's Happening to My Family?

Facing My Anger

How to Deal with My Sadness

It's Not My Fault

Dealing with Loneliness

Telling My Parents How I Feel

***What is the age for child care and what does it cost?***

Children aged 6 weeks to 10 years old are welcome. There is no cost to the children of our DivorceCare and Foundations participants.