

Widowed, separated, or divorced. How do you cope? How do you deal with the grief, loss, and pain? What do you politely tell those well-meaning people in your life who want to help you cope and start over? It's not easy. It's never easy. It hurts...but you don't have to hurt alone.

No one has to suffer alone, and although life may never be the same, it can be good again...very good. Beginning Experience® can help, just give us one weekend. You'll meet people who have gone through the same things you are going through. They know how you feel because they have felt it and lived through it. They will listen to you. They will share with you how it was for them, and ways they learnt to move on. They will be there for you.



let go
of the
pain

“

I was a little anxious when I came to the weekend, but I was curious. I was allowed to be where I was at in my grief. To have a **listening ear**, care and concern and acceptance was huge for me.”

ANN ITA

“

The weekend enabled me to connect to the deep-seated grief and guilt I carried surrounding the end of my marriage. It proved to be **a catalyst for the start of my new life.**”

GRANT

get
ready
to live
again

“

I attended the weekend 15 months after my wife died. I was hoping to learn more about how I might **deal with my grief**. The willingness of others to share their stories in such a candid way was truly humbling. It encouraged me to share mine, the results being wonderfully cathartic.”

DAVID



www.beginningexperience.org.nz

widowed
separated
divorced

begin
your
journey
moving
through
grief





Beginning Experience isn't a singles club. Our weekend program transforms lives. It makes a real difference. Participants begin to deal with the pain of their loss, their anger, they develop healthier family relationships, become more effective parents and so much more. Independent research published in the *Journal of Divorce and Remarriage* shows that the impact of a Beginning Experience weekend is more profound and longer lasting than that of support and informational groups for the single-again.

Founded by a Catholic sister and her divorced friend, our program serves those of all faiths—or of no faith at all. It can help you deal with the natural grief process and offers an opportunity, for turning your pain of loss into an experience of positive growth.



listen

Have your aching heart listened to by others who are on the same path.

accompany

Be with people who care and who will accept you without judgement.

heal

Find a path through grief to a new beginning.

Visit our website
for the weekend date,
cost, contact information
and postal address.

application

☐ I'd like to attend a Beginning Experience® weekend. Please contact me.

☐ I want to know more. Please contact me.

Name _____

Address _____

City _____

Landline _____

Mobile _____

E-mail _____

I am: ☐ Widowed ☐ Divorced ☐ Separated

How long in the partnership? _____

How long single again? _____

Date of Birth ____ / ____ / ____

☐ Male ☐ Female

If you have children, their age(s) _____

Religious Preference _____

How did you find out about the weekend?

What do you hope to gain from the program?

Are you currently in counselling/therapy? _____

Today's Date ____ / ____ / ____