SIoux FALLS
DWS
GROUPS

St. Joseph Cathedral School
523 N. Duluth Ave
Sioux Falls, SD 57104
(off 5th & Summit parking lot)

Sessions available
- September
- January
- March

For more information call
1-800-700-7867
Or
Doris O’Dea 605-361-7228

Groups also available in
Watertown
Call 1800-700-7867 for information

A MINISTRY TO THE
DIVORCED
WIDOWED
And
SEPARATED

NON-DENOMINATIONAL

Catholic Family Services
Offering a gift of hope
YOU ARE NOT ALONE...

The loss of a loved one through separation, divorce, or death is a devastating experience. The pain and grief is unbearable. Questions plague the mind:
How can I cope?
How can I go on from here?
How can I bear the loneliness?
Why can’t I sleep?
Where can I find some support?

When there seem to be no answers, the Divorced, Widowed and Separated Support Group (DWS) may be the answer to your prayers.

WHAT IS DWS?
The ministry to the Divorced, Widowed and Separated started in 1978 under the umbrella of Catholic Family Services and continues to be a viable ministry today. While the programs are sponsored by the Catholic church, they are open to persons of all religious denominations. The ministry has grown from a one level support group to the current levels which include:
Newly separated and newly widowed – 6 months or less
Level 1 – dealing with grief
Level 2 – dealing with rebuilding our lives

WHAT IS BEGINNING EXPERIENCE?
Beginning Experience (BE) is a weekend program designed to help those dealing with the loss of a loved one. Trained team leaders lead the participants through the grief process. This program is for individuals divorced or widowed six months or more. It is highly recommended that one complete Level I and II of the support group (DWS) before making a BE weekend.

WHO IS THE DWS MINISTRY FOR?
The DWS Support Groups are for all individuals dealing with the loss of a loved one through separation, divorce or death. Individuals find support and friendship while learning to journey through the grief process.

WHO IS INVOLVED IN DWS MINISTRY?
The DWS Support Groups are led entirely by volunteers who have been through the program and feel there is a value in “giving back” after they have been helped with their grief process and pain. The trained facilitators do not give answers or advice; they are just people helping people!

DWS SUPPORT GROUP STRUCTURE
The DWS Support Group meets weekly for 10 weeks. Meetings include personal talks by trained facilitators on specific topics and small group sessions where sharing is encouraged.

CONFIDENTIALITY IS A MUST!!

DWS SUPPORT GROUP IS NOT-
A social club.
A dating service.
A professional counseling service.

COUNSELING SERVICES
If you are going through a separation, divorce or are newly widowed you may want to consider counseling for you and/or your children. Help is available. Call Catholic Family Services:

Sioux Falls: (605) 988-3775 OR 1-800-700-7867
Mitchell:     (605) 996-9033 OR 1-888-496-2273
Aberdeen:    (605) 226-1304 OR 1-888-471-4673
Pierre:          (605) 224-6400 OR 1-888-503-8255

DWS SUPPORT GROUP LEVELS
NEWLY SEPARATED: (Sioux Falls only)
The Newly Separated group is for people who are experiencing troublesome thoughts and emotions including the indecision that is present during a separation. This group offers an “awareness” of what is happening and how to cope.

NEWLY WIDOWED: (Sioux Falls only)
The Newly Widowed group is for individuals widowed six-months or less who are experiencing the initial shock and pain of the death of a spouse. One finds others who are experiencing the same pain and loss.

LEVEL I:
The Level I group deals with the grief process and is for those who have been widowed or divorced about six months. Both the widowed and divorced experience the same grief process, although sometimes at different times. There is a common loss and loneliness to be dealt with.

LEVEL II:
The level II group is for those who have gone through the previous levels and are ready to start “rebuilding” their lives and self-esteem. Acceptance and moving on is encouraged.

REGISTRATION is the first night of each session.

Cost: $55.00 per 10 week session
Includes books & materials
($20.00 non-refundable)