

## What We Cover...

- Stepping Stones to Healing
- Step by Step
- Getting a Grip
- It's Not Your Fault
- Where is God When it Hurts?
- Feelings
- Change - Single Parent Homes
- Change - Blended Family Homes
- Forgiveness
- Acceptance
- Life After Divorce



## Testimonies from Teens:

"Group activities were AWESOME!!"

"Doing the Band-Aids made the most impact on me."

"I met a lot of new friends who understand me."

"The Big D really helped me get through some things."

"I met a lot of people who have the same problems that I have."

"I now know that God is always there."

"I loved it so much! I want to do it again!"

"It was cool and good for me."

"I did not want to come at first, but glad I did."

"I thought it was a lot of fun but at the same time helped me through a lot."

"I enjoyed getting to know other people that have been or are going through what I am."

"There were a lot of emotions that needed to be expressed."

"It rocked!"

"I liked The Big D because I learned a lot and had fun at the same time."

"The Big D helped me with a lot of my hurts."

"I really felt touched and cared for."

"I loved it so much! Everyone was so nice. I want to do it again!"



divorce through the eyes of a teen

## Why a Program for Teens?

**D**ivorce and separation are all too common in today's families. We have all heard the statistics on our nation's sky-rocketing divorce rates and thought about the number of adults affected each year by divorce...but think about the number of children and teens each one of those divorces represents. Statistics show that over 1 million children experience divorce or separation in their families each year.



Because of turmoil that most adults experiencing separation and divorce go through, children often end up caught in the middle with many mixed-up emotions of their own, unsure of where to turn. Now there is a solid Christian curriculum



written just for teens that addresses the specific and unique challenges a teen, experiencing divorce or separation in their family faces.

THE BIG D promotes identifying and finding the strength to accept and heal from the various hurts and confusion a divorce can cause. It begins with denial, pushes through anger issues, and ends with the freedom to understand and experience true forgiveness. Each teen will leave a changed person who has the tools with God's help to navigate their future.

## The Big D Schedule

### The Big D

Wednesdays, 7:00-8:15 PM

Central Community Church

6100 W. Maple Street, Room 227

Wichita, KS 67209 (see map below)

Leaders: Tonya Sowder and associates

Registration fee: \$15  
(scholarships available)

For more information,  
call Cheri at 316.943.1800

[www.centralcommunity.org](http://www.centralcommunity.org)

