

Transitions

A support group for those experiencing the end of a significant relationship
Meetings are the first and third Wednesdays of the month



The breakup of a marriage or significant relationship can be a struggle. It is the loneliest time of our life -- not only do we lose a mate, but we often lose our friends as well. Our children may be taken away, at least for part of the time. Or if they have left the nest, we have empty nest syndrome to deal with. We encourage any who are struggling with loss due to separation, divorce, or break-up to participate in these peer-group meetings. You are not alone.

Transitions is a broken-relationship recovery ministry of St. Thomas Aquinas Parish. You will find yourself in a small, confidential group of people who are going through the same things you are. You'll find that healing will come as you receive *and give* support. By mutual sharing, seeking your personal recovery, you will become instrumental in the recovery of others. Our goal is to grow psychologically, emotionally, and spiritually -- individually and together. As you connect with others who are recovering in their own way, you will make new friends, and a new start, in a spirit of love and laughter.

Transitions is *not* a place to score a new relationship, as rebound romances are notoriously unsatisfying, short-lived, and often disastrous. Rather, it is a safe, confidential environment where your privacy will be protected.

Transitions is a place to become a whole person again. It is the transition from "couple-hood" to "single-hood". Remember, "One" is a *whole number!* One plus One is supposed to equal Two, but if either of the Ones is not whole, adding them together will result in *less* than Two.



Transitions meets every 1st and 3rd Wednesday at 7:30 pm, beginning September 5, 2007, in the Pastoral Center of St. Thomas Aquinas Parish, 3290 Middlefield Rd, Palo Alto, CA. Meetings are informal, unstructured, confidential, and safe. Occasionally there will be a guest speaker. We also have a small lending library of helpful books and videos. You can borrow one or bring one, keep it or bring it back.

[For more information:](http://paloaltocatholic.org/aofa.html) Please visit <http://paloaltocatholic.org/aofa.html>, or contact Randy Jones by phone: 408-739-2881 or email: transitions@paloaltocatholic.org.