

REBUILDING AT BETHEL

Rebuilding Seminar Registration Form:

Name: _____

Address: _____

Hm Phone: _____

Cell Phone: _____

Email: _____

Rebuilding Seminar Fee is \$450.00
Genesis Support Group is \$20.00 each week.

- I would like to participate in Genesis.
Please call / text me to set up an intake
- I would like the early registration discount. Please find my check for \$435.00 enclosed – to qualify checks must be received no later than 10 days prior to the starting date of the class you have chosen to attend.
- I would like to apply for a partial scholarship. Please call me to set this up.

Make checks payable to: Margaret Lambert

Mail to: Puffins Presentations, LLC
P.O. Box 704
Sun Prairie, WI 53590

Voice mail or text message: 608-204-6076
<https://puffinspresentations.com/classes/>
Email: puffinspresentations@hotmail.com

The **Rebuilding at Bethel** program is managed and facilitated by professional mental health providers.

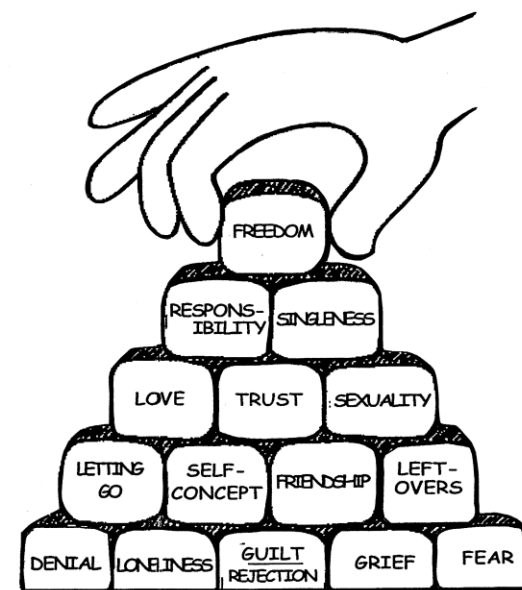
Genesis Separated and Divorced Support Group meets every Wednesday evening from 6:30 pm to 8:00 pm CST.

The Rebuilding Seminar is 10-weeks in length and is offered four times a year on Tuesday evenings from 6:00 pm to 9:00 pm CST.

Margaret completes a brief telephone intake to help participants determine which level of the program is the best fit for their current situation.

If Genesis appears to be the best fit for you then Kirk Stone will reach out to welcome you and he will send you the link for the nights you wish to participate. Genesis is \$20.00 for each night which you choose to attend. You are invited to take the FDAS (Fisher Divorce Adjustment Scale). For Genesis participants the cost of this initial but optional profile is \$25.00.

Together we will negotiate the difficult waters of separation and divorce. You are not alone.



REBUILDING AT BETHEL

A Three-Part Program for Anyone Ending a Committed Relationship

Facilitated by:

Margaret Lambert, MSW, LCSW
Kirk Stone, MA, LPC-IT

Offered over Zoom for 2022-2023

September 20, 2022
January 17, 2023
April 18, 2023
July 11, 2023
October 3, 2023

Visit: www.puffinspresentations.com

REBUILDING AT BETHEL

If you are ending a committed relationship through divorce or separation, *Rebuilding at Bethel* offers a safe environment for sharing thoughts and feelings as well as a place to find information, guidance, emotional support and friendship.

Rebuilding at Bethel is a non-denominational program that offers three different approaches to the divorced or separated recovery process. These are as follows:

Genesis: This support group is intended for individuals who have recently decided to end their committed relationship or have just learned that their relationship is ending. Genesis currently meets weekly on Wednesdays from 6:30-8:00 pm - CST. It is facilitated by Kirk Stone, MA, LPC-IT.

Rebuilding: This 10-week seminar is based on the book *Rebuilding: When Your Relationship Ends*. The seminar covers the topics listed on this page. Rebuilding meets on Tuesdays from 6:00-9:00 pm- CST and is facilitated by Margaret Lambert, MSW, LCSW. See the attached registration form.

Movin' On: This non-dating social networking group, intended for graduates of the Rebuilding seminar, is managed by graduates of the Rebuilding Class. Participation allows members to continue to stay connected as well as to reconnect with their community as a single individual.

WEEKLY TOPICS OF THE TEN-WEEK REBUILDING CLASS

GRIEF AND DENIAL

The autopsy –what happened to my relationship?
Why did it die?

FEAR AND ANGER

“How will I make it on my own?”
“I don’t know where all this rage is coming from.”

ADAPTATION AND TRANSITION

“But it worked when I was a kid.”
“Now it’s time to get rid of the baggage.”

GUILT AND REJECTION

“I tried hard but just can’t do it anymore.”
“How can my partner just leave me?”
Am I the dumper or the dumpee?

LONELINESS AND FRIENDSHIP

“Will this empty feeling ever go away?”
“How will I ever make friends in a culture that is all about being a couple?”

TRUST AND OPENNESS

“I will never fall in love again.”
“Do I dare be my real self again?”

SELF-WORTH

“Maybe I’m not so worthless after all.”

LETTING GO AND LOVE

“How do I stop loving/hating my spouse?”
“Can I ever love someone again or could someone ever love me?”

RELATEDNESS

We need support, companionship and feedback to help us grow, but for some that can be quite scary.

The following topics are offered to graduates in an optional follow-up 3-night class series

SEXUALITY, SINGLENESS, PURPOSE, FREEDOM

THE FACILITATORS

MARGARET LAMBERT, MSW, LCSW, was trained by Dr. Bruce Fisher to teach the Rebuilding course and has been involved in divorce recovery work since 1997. She has been in private practice for 27 years and is co-owner of Sonas Behavioral Health of Madison. Margaret developed and teaches the course, *Dating Dementia: Keeping Your Brain in the Dating Game* and authored the book by the same title. She also teaches the classes, *Beyond the Looking Glass* a self-esteem and relationship class for women and *Quest: A Man’s Journey to Regain Self-Esteem*. Margaret brings to her classes extensive training and experience in divorce recovery, self-esteem building, healthy relationship building as well as the art of conscious communication and conflict resolution.

KIRK STONE, MA, LPC-IT has served as co-facilitator for Rebuilding, Beyond the Looking Glass and Dating Dementia classes, as well as facilitator for the Genesis support group. Kirk has provided individual counseling sessions for members of the various groups to help address personal concerns, challenges and opportunities. With a focus on Narrative Therapy, Solution Focused Brief Therapy and Motivational Interviewing he believes that individuals are not their problems nor the labels of their challenges. Kirk is drawn towards helping individuals develop successful tools and life changes to maximize their best outcomes. Kirk is currently working towards full Wisconsin licensure.