

REBUILDING AT BETHEL

If you are ending a committed relationship, through divorce or through separation, *Rebuilding at Bethel* offers a safe environment to share your thoughts and feelings as well as 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 group is intended for individuals who have recently decided to end their committed relationship or have just learned that their relationship is ending. This support group meets weekly and is free. It is facilitated by John Neupert, LCSW. Interested individuals should contact John to determine if this group is appropriate for their needs and to receive a brief orientation. Contact John at 608-204-6076 ext. 5.

Rebuilding: This class is based on the book *Rebuilding: When Your Relationship Ends.* The class meets from 6:30 to 9:30 pm, on Tuesday evenings, for ten weeks and covers the topics listed on this page. This class is taught by Margaret Lambert, LCSW. See the attached registration form or contact Margaret at 608-204-6076 ext. 1

Movin' On: This group is intended for graduates of the Rebuilding class. This support and social networking group, is managed by graduates of the Rebuilding Class. Participation allows members to continue to connect and build friendships which will help them reconnect with their community as a newly 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 AND SEXUALITY

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

SINGLENES AND PURPOSE

“Do you mean it is okay to be single and to create my own new goals?”

THE FACILITATORS

MARGARET LAMBERT, 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 20 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, *Women’s Self-esteem and Relationships* and *Men’s Self-esteem and Relationships*. 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.

JOHN NEUPERT, LCSW CSAC, a participant in the Separated/Divorce group in 1993, has remained a therapist volunteer since then. He has 32 years experience as an AODA and Mental Health therapist. John uses what he has learned from the individuals he has had the pleasure of working with to help those he now leads through the pain, grief, and difficult changes in their lives.



REBUILDING AT BETHEL

Rebuilding Class Registration Form:

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

Name: _____

Address: _____

Home Phone: _____

Cell Phone: _____

Email: _____

Rebuilding Class Fee is \$330.00 when signing up on opening night or when paying via Pay Pal on the Puffins Presentations website at www.puffinspresentations.com

____ I would like the early registration discount, please find my check for \$305.00 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

FOR INFORMATION ABOUT THE CLASS

Margaret Lambert, LCSW -- 608-204-6076 ext. 1
Email: puffinspresentations@hotmail.com

FOR INFORMATION ABOUT GENESIS

John Neupert, LCSW -- 608-204-6076 ext. 5
Email: johnneup@gmail.com

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

Genesis is free and meets every Tuesday evening from 6:30 pm to 8:00 pm.

The Rebuilding Class is a ten week class offered four times a year on Tuesday evenings from 6:30 pm to 9:30 pm. The first night opening presentation is free to the public.

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

**BETHEL LUTHERAN CHURCH
312 WISCONSIN AVENUE
MADISON, WISCONSIN, 53703**

Bethel is located in downtown Madison (two blocks north of the capitol) on Wisconsin Ave. between Johnson St. and Gorham St.

Parking entrance is off Gorham.
Once in the building signage will direct you to the Good Shepherd Chapel.



REBUILDING AT BETHEL

A Three Part Program for Anyone Ending a Committed Relationship

Facilitated by:

Margaret Lambert, LCSW
John Neupert, LCSW, CSAC

January 3, 2017

April 4, 2017

June 20, 2017 – no class on July 4th

October 3, 2016

Visit: www.puffinspresentations.com