



Strong, Nurturing Families

A destructive finale avoided: Mike's Story

Thanks to the Catholic Family Life Centre*, a United Way of Greater Simcoe County funded agency, Mike successfully navigated a heart breaking divorce. Mike attended the agency's Brief Intervention Group following the break up of his marriage.

He was feeling very sad, complained of not eating or sleeping, and had been taking time off work, as he did not feel he could concentrate. He was worried that he was going to lose his job. The counsellor suggested that he make an appointment to see his physician. Mike returned to the group to indicate that he had started on anti-depressants and although his doctor told him it would take a few weeks to take full effect, he had begun feeling marginally better.

Over the course of several weeks, the other group members' support and Mike's efforts at self-care, he began to feel more like himself. He and his ex-partner drafted a separation agreement and worked with a mediator to finalize their plans. They ended the relationship amicably and avoided a nasty drawn out court battle. Mike began eating and sleeping better and was able to function at work. Thanks to the group, Mike felt supported and better able to move on in his life.

* Services provided through the Catholic Family Life Centre are available to any person regardless of religious denomination. United Way does not fund exclusive religious groups.



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