



# ***COFRIENDS***

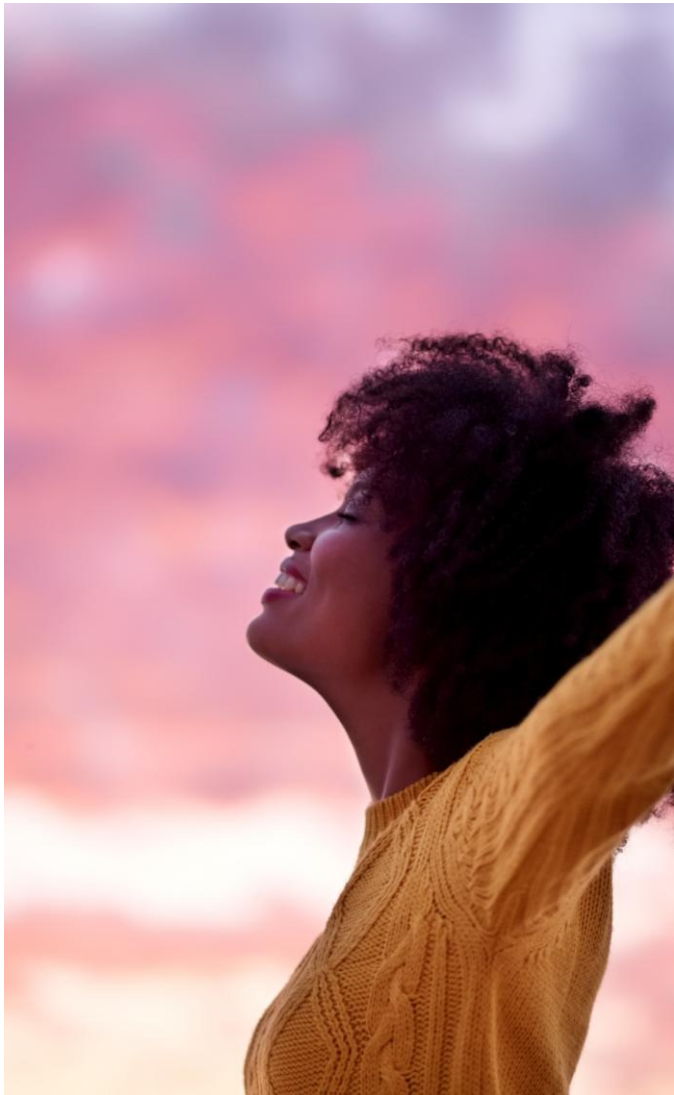
WOMEN TRANSFORMING THEIR LIVES WHILE  
JOURNEYING THROUGH THE PROCESS OF  
SEPARATION AND DIVORCE



# Getting to Know You Activity

## COMMON GROUND Activity

*"Divorce is a process, a spiritual journey that if allowed, can take you to a deeper understanding of yourself, your choices and how you impact your life and the lives of others." Orisalewa*



## WHERE ARE YOU IN YOUR JOURNEY?

- *Thinking About Leaving Your Relationship*
- *Actively Planning to Release the Relationship*
- *Already Separated & Living in Own Home*
- *Is Looking for or Has Formed Their "Two Household Family" Support Team*
- *Started Divorce Preceedings*
- *Finalized Divorce & Starting Over*
- *Processing & Healing from the Divorce & The Role You Played in It*


*"Divorce is a changing of the way we perceive our relationship with another. A letting go of the relationship in order to bring about Peace." Orisalewa*

# QUESTION OF THE DAY

What Is Your Intention for Joining COFriends?





A photograph of two people from behind, standing in a forest at sunset. They have their arms raised in the air, and the scene is filled with warm, golden light and sparkling particles. The text 'INSTALLING THE CHEERLEADER' is overlaid on the image.

# INSTALLING THE CHEERLEADER

GUIDED MEDITATION

## MEDITATION MOMENT

[https://youtu.be/VNKwhqloCAA?  
si=ZIGUo\\_5Yb4j501kr](https://youtu.be/VNKwhqloCAA?si=ZIGUo_5Yb4j501kr)

MARISSA PEER - YOUTUBE

Guided Meditation for Confidence, Courage and Self-Belief | Marisa Peer

# SUPPORT GROUP CURRICULUM

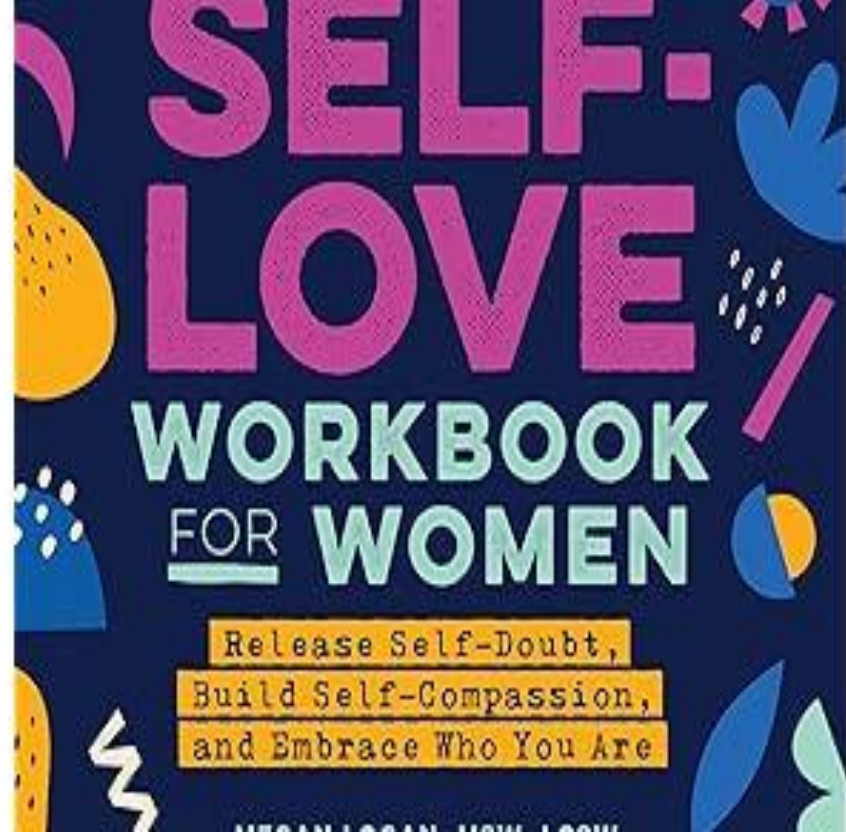


## This Week's Assignment

- Read: Whispers in the Wind
- Complete: "Being Absolutely Sure";  
"Believing in Your Decision"



# AUGUST BOOK OF THE MONTH



## THIS WEEK'S ASSIGNMENT:

Part One: Let's Talk About Self Love

Intentions

Defining Self-Love

Identifying & Embracing the Parts of YOU

# Vision Board Project



This Week's Assignment: Find (or Take) a Picture of Yourself for the Center of Your Board.

Under Your Picture – Write Your Intentions (from BOM Assignment)

Pick the 5 Best Character Traits that Describe You & Write Around Your Picture.



# AUGUST, 2025 - MEMBERSHIP DUES BEGIN

MEMBERSHIP - \$19.99/Month

Zelle - [singalong2016@gmail.com](mailto:singalong2016@gmail.com)

CashApp - \$Free2Bees



## INCLUDES:

- Weekly Support Group Mtgs - 90 min
- Daily Online Evening Relaxation Yoga Stretch Class - 8 p.m, M - F
- One-to One Support/Strategic Planning Meeting Once a Month - 45 min.
- Group Meditation w/Session- Twice a Week, 45 min.