

The *Rebuilding at St John's* program is managed and facilitated by professional mental health providers in Madison, Wisconsin (Margaret Lambert and Kirk Stone). For years, Bethel Lutheran Church has hosted these classes in person. However, due to the COVID-19 pandemic, the classes have moved to Zoom thus expanding their reach. Thanks to the partnership with St. John's Presbyterian Church, they are now able to offer an in person on-site class in Devon, PA with facilitators on Zoom and in person.

The cost of the program is \$450, with an early registration rate of \$435 if you register by December 1. Partial scholarships are available. To register, visit [www.stjohnsdevon.com](http://www.stjohnsdevon.com)

When you register, Margaret will complete a telephone intake to help participants determine if the class is a best fit for their current situation.

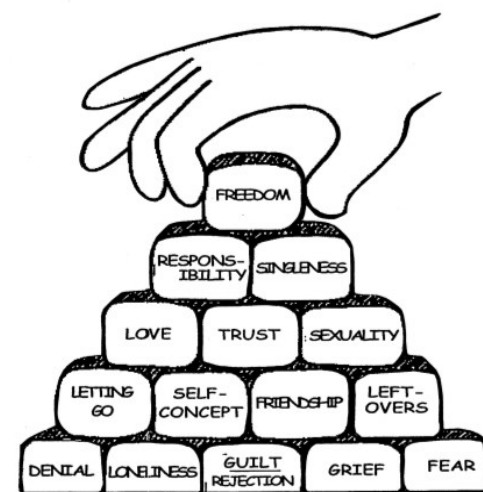
Margaret also offers an online support group called *Genesis* that is a drop-in class (\$20 per class) on Zoom for individuals who have recently decided to end their committed relationship or have just learned their relationship is ending. *Genesis* meets on Wednesdays 7:30-9pm EST and is facilitated by Kirk Stone, MA, LPC-IT.

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

Join us on **October 2, 2023 at 7:00pm** for an informational Zoom Meeting to learn more about the class and ask any questions you may have!

To register for the informational meeting and the recovery seminar, visit:  
[www.stjohnsdevon.com](http://www.stjohnsdevon.com)

*This program is made possible by the Deacons at St. John's Presbyterian Church*  
217 Berkley Road, Devon, PA 19333  
(610)688-5222



## Rebuilding at St. John's

217 Berkley Road, Devon PA 19333

A Program for Anyone Ending a  
Committed Relationship

Facilitated by:  
Margaret Lambert, JSW, LCSW  
Kirk Stone, MA, LPC-IT

Offered in-person, on-site

Monday evenings 6:00-9:00pm  
January 8 - March 18, 2024

## Rebuilding at St. John's

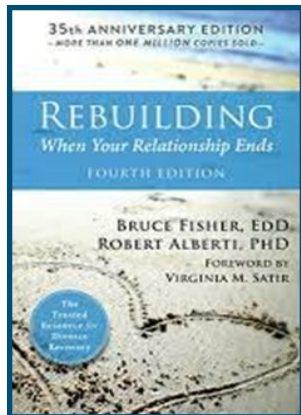
If you are ending a committed relationship through divorce or separation, *Rebuilding at St. John's* offers a safe environment for sharing thoughts and feelings, as well as a place to find information, guidance, emotional support, and friendship.

*Rebuilding at St. John's* is a 10-week seminar based on the book...

*Rebuilding: When Your Relationship Ends*

The seminar covers the topics listed in this brochure. Rebuilding meets on Mondays from 6:00-9:00 pm and is facilitated by Margaret Lambert, MSW, LCSW.

Please join us for a free informational session on **October 2, 2023 from 7:00-8:00 pm** on **Zoom** to ask any questions and learn about what the class will look like. You may register for the class and the online zoom informational session by visiting [www.stjohnsdevon.com](http://www.stjohnsdevon.com).



## Weekly Topics of the Ten Week Rebuilding Class

### Grief and Denial

The autopsy - what happened to my relationship?  
When did it die?

### Fear and Anger

“How will I make it on my own?”  
“I don’t know where all of 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, JSW, 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 not the labels of their challenges. Kirk is drawn towards helping individuals develop successful tools and life changes to maximize their best outcomes.