

IRINA BRONSTEIN, LCSW
Psychotherapy & Couples Counseling

DIVORCE/SEPARATION SUPPORT GROUP



Your situation is not unique - in the United States, approximately 50 percent of all marriages end in divorce.

It might have come as a surprise or you may have known for a while that the split was imminent. Whether you've been married for less than a year or half of your lifetime, ending a relationship is difficult. It is normal to feel sad, afraid, and confused. It is also quite common to feel angry, resentful, and lost.

When you join our Divorce/Separation Support Group, you expand your support network. Surrounding yourself with others who share your struggles removes the sense of isolation. Listening to others who are dealing with similar challenges helps gain perspective on your situation. Learning how others cope allows you to adjust your strategies and accomplish your goals.

Objectives:

- Understand that divorce is a transitional stage of life
- Repair self-esteem and self-worth
- Learn effective communication skills with your former partner
- Negotiate appropriate co-parenting strategies
- Set realistic goals for the future

This is a psychoeducational support group for individuals going through divorce or separation. This group meets once a week for 60 minutes. The price per session is \$75.00.

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