

Navigating Divorce/Separation for Pre-teen Girls

Divorce/separation is difficult for everyone involved.

This is an 8 week group for girls (11-13), whose parents have recently or are in the process of divorce/separation.



In a supportive environment pre-teens will be able to:

- **Learn positive coping skills**
- **Increase ability to navigate the many changes that are occurring**
- **Increase ability to express emotions and needs with parents**
- **Normalize and process thoughts and feelings associated with divorce/separation**

Call Now to Join or for More Information
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8 Weeks
Beginning in June, 2013
1400 Shattuck Ave, Suite 7
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