



MEN'S DIVORCE SURVIVAL GROUP

ARE YOU GOING THROUGH A DIVORCE OR SEPARATION?

This is a safe, non-judgmental group that is focused on the stressful and overwhelming experiences of divorce and separation. Participants will have an opportunity to meet others who can relate and recognize that YOU ARE NOT ALONE.

- Build healthy coping tools
- Work through anger, fear, pain, shame, guilt, and resentment
- Explore plans for the future
- Develop healthy communication patterns
- Build healthy boundaries
- Learn to love yourself!

NEW GROUP STARTING

July 11, 2020

Saturdays from 12:00-1:30p

8 Week Program



Facilitated by:

RACHEL WHITE, LMFT
Licensed Marriage & Family Therapist

Registration & Questions:

RachelWhite@arrowheadfamilysystems.com
623-537-7233 x3

Location:

Arrowhead Family Systems
18301 N. 79th Ave, Suite B125
Glendale, AZ 85308

SIGN UP ASAP!!

Due to COVID-19 and a smaller group size, there is limited space available.