

WOMEN'S DIVORCE SURVIVAL GROUP



ARE YOU GOING THROUGH A DIVORCE OR SEPARATION?

Feeling overwhelmed?
Feeling anxious or on edge?
Feeling lonely?
Grieving the loss of the relationship?
Needing to find your confidence & self-worth?

NEW GROUP STARTING Aug 13 2021

Fridays from 10:30-12p
8 Week Program



Facilitated by:
Dr. Rachel White, PhD, 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

WEEKLY SUPPORT GROUP THAT CAN HELP:

- 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!

Limited space is available due to the desire to make the group most beneficial.

Group is \$75/week, including the tools and worksheets provided throughout.