

# 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 July 11, 2020**

Saturdays from 10-11:30a  
8 Week Program



Facilitated by:  
**Rachel White, LMFT**  
Licensed Marriage & Family Therapist

Registration & Questions:  
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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!

### SIGN UP ASAP!!

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