



Separation and Divorce Support Group

Are you considering or experiencing separation and divorce? Would you like the support of others experiencing something similar?

This 8-week evening group will address common issues that women face when going through separation and divorce, such as:

- Grief and loss
- Anger and resentment
- Low self-esteem, anxiety, and depression
- Confusion and fear around legal and financial issues
- Concerns about single parenting or co-parenting
- Reworking your life plan

The focus of the group will be to provide support, encouragement, and information in a safe, nurturing, and confidential space.

Facilitated by Julie Lochridge and Karen Schneider. Open to women only.

When: Tuesdays, October 5—November 23, 2010 ♦ 6:00pm—7:30pm

Where: The Women's Center, 210 Henderson Street, Chapel Hill

Fee: \$25

♦ **Space is limited, so register now to reserve your spot!** ♦

To register, or for more information, call The Women's Center at 919-968-4610 or email legal@womenspace.org.

www.womenspace.org