

New

SEPARATION AND DIVORCE GROUP

(for single or soon-to-be-single parents)

Tuesdays 11:30 am – 12:30 pm

New 8-week cycle begins **January 10th** (enrollment required)

To enroll, call Carol Davison at (415) 387-3684, ext. 326.

Divorce or separation:

- causes us to examine how our family is defined, by ourselves and by others

We may have:

- strong, often conflicting, emotions
- questions about our children's development or behavior
- trouble balancing care for our children and for ourselves
- financial difficulties that add to the strains of parenting

ENROLL in this new group to receive and give support, and to learn strategies for helping yourself and your children navigate this often turbulent time of transition.

Facilitated by Carol Davison

(415)387-3684, ex. 326

Childcare Provided

Enrollment Required

