

Support Groups Starting January 2010 Lisa Hall, DivorceWise Counseling

Are you experiencing a marital crisis and considering divorce?

Are you separated and needing support?

Are you transitioning into your post-divorce life?

Separation & Divorce Support Group

This is a group for people who are thinking about separation and/or divorce, who are in the throws of marital breakdown and crisis. It is a gentle, supportive, empowering atmosphere to get questions answered, to get information about options and choices, to be challenged about how to approach the crisis and the marriage, to get encouragement around boundaries, fear of the unknown, and being grounded for children. We'll talk about relationship, marriage, love, and sort out our pieces and contribution to the mix. Possible speakers, depending on what the group's needs are. This group follows a traditional support group modality, not a set curriculum. Homework and reading are assigned periodically.

Meets Wednesdays 6-8 pm (January is full –waiting list for Feb./Mar.) Can change day and time if nec.

\$280 for 8 weeks (\$35/week)

Location is Louisville, 36 & McCaslin



Lisa Hall has a background as a Licensed Marriage & Family Therapist and years of experience working with children and families. She has a counseling practice based out of Louisville called DivorceWise, which is focused on a practical, down-to-earth, problem-solving approach to help people through marital crisis, separation, divorce, and post-divorce issues. Lisa has professional and personal experience with divorce-related issues. She is happily remarried and is part of several "blended families."

Women's Post-Divorce Empowerment & Vision Group

This is a group for women who are post-divorce and moving into the next phase of their lives. We will put the past in perspective, while gleaning the wisdom and knowledge it offers. We will work with our vision for the present and future, including:

- dating and relationships
- dealing with our ex spouse/co-parenting issues
- career and having a creative outlet in our work
- health and wellness
- relating with our children in a new way
- incorporating the divorce into our lives in a healthy way

This group follows a traditional support group modality.

Homework and reading are assigned periodically.

Starts Feb. 3rd, meetings are Weds 12-2pm

\$280 for 8 weeks (\$35/week)

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