

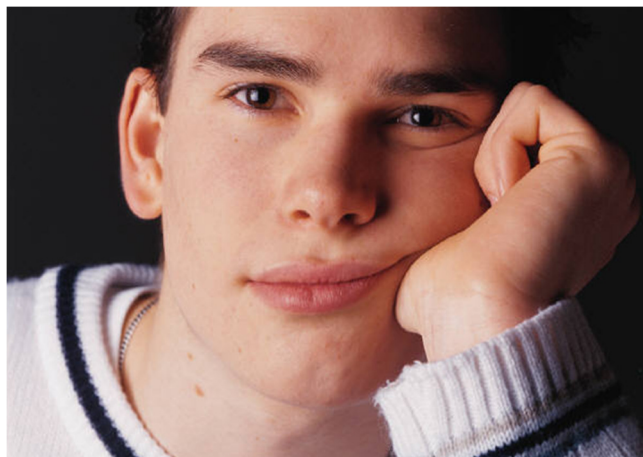
Fall Group Starting Soon!

# Dealing with Divorce

## Does Your Child or Teen Need Extra Guidance Dealing with a Family Separation or Divorce?

Children and teenagers experience difficult challenges when their parents separate or divorce. Many find themselves feeling multiple emotions, including anger, sadness, fear, confusion, even happiness. While such feelings can be overwhelming, they are normal responses to separation or divorce. Developmentally-appropriate therapy groups provide support & teach skills about:

- ❖ How to Identify Feelings Associated with Separation or Divorce
- ❖ How to Express Emotions Appropriately
- ❖ How to Cope with Separation or Divorce
- ❖ Increasing Self-Esteem
- ❖ Redefining Family and Stepfamilies



*Group will meet Thursdays from 4:00 - 5:30pm, Sept. 22 - Nov. 17.*

For information, call *Susan Myket, Ph.D. & Associates*

**(630) 355-9002**

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