



# Learning to Thrive After Separation

## Program Overview

**Separation and divorce can be one of the most stressful and overwhelming times in life.**

Join us for an interactive **4-week** program to navigate your new circumstances post separation with clarity and increased strength so you can support your children to thrive.

The program is an opportunity to spend time with other parents and discover ways to:

- Make sense of it all and begin to process emotions
- Learn tools to help manage your emotions
- Learn to let go of anger and replace it with compassionate power
- Learn to challenge negative self-talk
- Rediscover who you are and identify your strengths
- Clarify goals and priorities for the future and develop action plans
- Become comfortable with change, taking control of self-talk, forgiveness and get inspired for a brighter future

**Venue:** Online via Zoom

**Cost:** FREE

Please use the contact information below to register your interest for this program.

**Registration**

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