

# LIVING BEYOND DIVORCE



## WEEKLY SUPPORT GROUP MEETINGS

Thursday Evenings from 7:30-9pm

\$180 for an 8 week cycle

**\*Space is limited**

For Sign Up Contact Tara Bane at

[BlueSkyTherapyCenter@gmail.com](mailto:BlueSkyTherapyCenter@gmail.com)

At Blue Sky Therapy Center, we want to support you on your journey through separation and divorce. Divorce, or any break up can leave people feeling sad, angry, depressed or anxious. Having a network of peers who can relate to your situation and can ease the transition into this “new normal” is an important aspect of your healing. As a participant of this group you will gain a support system and learn new coping skills that will help you through this challenging time.