

Coming Full Circle: A Divorce Group for Women

Divorce is a life passage that can make us feel like we are going in circles. Sadness, anger, shame, excitement, and loneliness crash over us like waves that, at times, overwhelm our ability to cope. We may be at a loss about what we need to move on, rushing to try out well meaning advice, or taking action on an outdated plan for who we want to be.

Thankfully, there is already a map for healing inside of us - we only need to learn how to listen for this wisdom. Just as the cycles of nature move from death to rebirth, so too our own process of healing moves towards new life at its own pace.

In this 12 week group, you will begin to develop the capacity to move through the separation process as a path to personal growth. Supported by other women, you are invited to grieve what has died, to sit with the unknown of your emerging self, and to integrate your new identity.

Participants can expect to:

- Safely share your experience in a facilitated therapy group.
- Apply the map of the life cycle stages - severance, threshold, and incorporation - to your healing process.
- Develop the ability to listen to your body to recognize what you want.
- Learn mindfulness tools to help you manage difficult emotional states.
- Participate in simple ceremonies for healing.
- Nurture new social support in a community of women.

Mondays 7 - 8:45 pm
March 5th - May 21st, 2012
Marina Counseling Center
2137 Lombard St. (@ Fillmore)
(415) 255-3250

Initial commitment of 12 weeks, with the option to continue as an ongoing group
Cost: \$40 per session or \$120 discounted monthly payment option

Please call to schedule a personal interview where we will explore together if this group is a good fit for you.



Jodie Stein is an MFT Intern (#IMF 66191) supervised by Linda Graham, MFT (#MFC 32372). www.jodiestein.com