

My Parents Split: Navigating all of the Changes

THIS GROUP FOCUSES ON THE CHALLENGES THAT SHOW UP AFTER OUR PARENTS SEPARATE FROM THEIR PARTNERS. WE WILL SPEND PART OF THE TIME DISCUSSING LOGISTICAL CHALLENGES AND PART OF THE TIME EXPLORING THE FEELINGS SURROUNDING THIS BIG CHANGE THAT WE DID NOT CHOOSE! WE WILL ALSO BE DOING ACTIVITIES AND ART THERAPY AS APPROPRIATE. A LARGE FOCUS OF THIS GROUP WILL SURROUND EMPATHY, TRUST, AND VULNERABILITY. THIS GROUP IS OPEN TO ALL AGES BETWEEN 5 -18 AS WE CAN ALL LEARN AND HELP SUPPORT EACH OTHER, REGARDLESS OF AGE OR STAGE.

DATES & TOPICS

September 24th
November 5th

ALL KID
AGES!

Saturday @10:30am-12:30am

REGISTER AT WWW.TANQUEVERDEPEDS.COM