

Changing Families Group

GOOD FOR KIDS WHO:

- IN FAMILY TRANSITION
- DIVORCE
- SEPARATION
- DEPLOYMENT
- NEW STEP FAMILY
- SIBLING LEAVING HOME

DATES:

SEPT 13TH
SEPT 20TH
OCT 18TH
OCT 25TH
NOV 1ST
NOV 8TH
NOV 15TH
NOV 29TH
DEC 6TH
DEC 13TH
DEC 20TH

ALL AGES WELCOME 5-18

6:30PM- 7:30PM

This group focuses on the challenges that show up after a family dynamic changes. This could be due to parents separating from their partners, divorce, deployment, inter generational living, remarriage, step siblings moving in our out, extended family change in contact, etc. 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.