



# Divorce Therapy Group

*Surviving & Thriving through Divorce & Separation*

- Making the excruciating decision whether to stay or go
- Resolving guilt about disrupting your child(ren)s lives
- Minimizing loyalty conflicts and confusion in child(ren)
- Talking to your child(ren) about separation and divorce
- Navigating addiction, adultery, and emotional abuse
- Communication and co-parenting through uncoupling
- Processing the impact and decisions of the legal process
- Developing emotional strength in yourself and child(ren)
- Grieving the loss of family while creating a better life



Justena Kavanagh  
LCSW-R



Sandra Harris  
LMSW, RCSWI,  
CTT, EMDR

- No cost for the first group, \$75 thereafter
- Discount for prepayment
- Reimbursable through our Billing Vendor
- Mondays, 5:00 - 6:00 pm, meets virtually
- Please reach out if you need another time

Book a Free Consult:

SANDRA@NYCCOUNSELING.COM  
631-488-8482 Call/Text

To Register:

INFO@NYCCOUNSELING.COM  
212-777-NYCC (6922) Call/Text