



# 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, 5:00pm, Open group (Men & Women)
- Wednesday, 5:30pm, (Women's only group)
- 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**