

Separation & Divorce Support Groups

Sessions offered either in-person or by Zoom



A 15-week group for adults struggling with feelings of abandonment, depression, loss of confidence, trust, and self-esteem after relationship loss.

The group helps members learn how to survive the loss, share experiences, and thrive post-divorce, in a warm, supportive and safe setting.

GROUP SESSION OVERVIEW

- ✓ A co-ed group of 6-9 participants
- ✓ Helpful to participants in any stage of divorce: before, during and after
- ✓ Meetings take place in the evenings, date and time TBD (in-person meetings take place in Beverly, MA)
- ✓ Sessions include a learning component, exercises and sharing of experiences
- ✓ Topics include: fear, grief, loneliness, anger, gratitude, forgiveness, dating, finding meaning & more
- ✓ A Passion Test, EFT tapping and other hands-on exercises for self rediscovery
- ✓ Q&A with divorce attorney and/or financial expert
- ✓ Healing center massage include (in-person group only) to support your well-being and stress relief
- ✓ Fee: \$40 per 90 minute session
- ✓ Commitment to whole program is required

Contact Magdalena Ellis to learn more

📞 978-968-0401



✉️ madziaellis@gmail.com