



Sequence Counseling & Consulting Services

Autumn 2016

Counseling, Wellness & Career Services

Autumn is often a time of change, a time to address issues we have put on pause, a chance to consider circumstances in a different light, and seek ways to strengthen ourselves as the seasons pull us inward to reflection.

One pivotal change in the course of adult life can be the experience of **SEPARATION AND DIVORCE**. As adults the trajectory of our life may be completely altered at the end of a marriage or long term relationship. Decisions we have made about ourselves, who we are, how we support ourselves; many of these need to be revisited and occasionally fully reworked. As this process unfolds, getting support and learning from others can prove the difference between the challenging “going it alone” and gathering strength by finding ways to care for ourselves and our families.

Listed are three programs offered by Sequence this fall which support adults experiencing the changes brought about by divorce. Along with our therapy services for adults, we hope these programs provide the tools and guidance to integrate the experience into a healthy a positive period of change and healing.



Career ReStarters for Women Experiencing Separation and Divorce

Monday October 17th 10-12.

This 2 hour career coaching workshop is tailored for women adjusting their careers or re-entering the workforce due to separation and divorce. Position yourself for success in this next stage of your life.

<http://career-restarters.eventbrite.com>

Seasons of Change

Monday evenings 6-7

A six session supportive therapy group for women dealing with divorce allows participants a safe place to share, address complex challenges and begin to heal. Topics covered will include grief and loss, lifestyle changes, and managing family shifts. Pre-registration required, Monday evenings 6-7, see website for dates. And contact information.

Insurance reimbursable.

<http://sequenceservices.com/seasons-change-separation-divorce-womens-group>

Free Screening:

Split: Divorce Through Kids Eyes

Thursday November 3rd 6:30 pm

A gold medal award winning documentary, *Split* gives voice to the child's perspective of divorce, as a range of perceptions and expressions are shared. The 30 minute video will be followed with a 30 minute discussion of the movie, how children may react to divorce over time, and how parents can stay connected to and respectful of the experiences of their children. Free screening and discussion, registration required.

<http://divorcethroughkidseyes.eventbrite.com>

Contact Sequence to learn more about these and other programs:

240-200-5401

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www.SequenceServices.com