



Going through a separation or divorce?  
Feeling sad, angry and overwhelmed?

## Kemptville Separation and Divorce Recovery Group

- ❖ An 8-week group to support individuals undergoing a separation or divorce
- ❖ Offers help in reducing distress, providing education about relationships, parenting, considering next steps and overall healing
- ❖ In order to facilitate group cohesion, effectiveness and trust, participants are asked to commit to 8 weeks
- ❖ Each session is 1.5 hours
- ❖ **Fee is \$30+HST per session, for a total commitment of \$271.20**
- ❖ Receipts provided by a registered psychotherapist and may be eligible for reimbursement under private health insurance plans (please confirm with your provider)
- ❖ Group will run Mondays, starting January 14, 2019 through March 4, 2019, from 6:30-8:00 pm.

**Spaces are limited; please register as soon as possible:**

**info@thelighthouse-lephare.ca or  
call: (613) 371-6778  
www.thelighthouse-lephare.ca**