





# Relationship Endings

## Divorce & Separation Recovery Class

8 WEEK IN-PERSON GROUP HELD IN EL JEBEL\*

With the support of a safe, confidential group and container you will begin to rebuild your life anew. You are not alone. 

### RECEIVE...

-  Help dealing with the emotional, social, and practical pain of the process.
-  Manage rejection, guilt and blame. Resolve feelings of loneliness, grief, anger, fear, pain, low self-worth, and loss of identity.
-  Explore how your past is informing your present relationships.
-  Based on the book "Rebuilding When Your Relationships End" by Bruce Fischer

with CAROL GRACE, MA. LMFT.

Licensed marriage and family therapist, Carol has led groups in the Valley for over 30 years. She is committed to supporting your aspirations towards wholeness and fulfillment.

Schedule a free informational call at [carolgracecounseling.com](http://carolgracecounseling.com)  
Mondays from 6:30-8:30 beginning February 13th  
Investment: \$400

\*Virtual Offering available soon. Please inquire if interested.