

Cornerstones

Support Groups at Expressive Therapy Center

For Parents & Children of Separation & Divorce

Adults and their child(ren) need a “safe place” to share and express their feelings about separation and divorce. **Cornerstones** are therapeutic support groups for people dealing with issues related to separation and divorce. These groups work to empower people by providing a foundation for working through negative thoughts and feelings and making positive changes in their lives.

These groups help...

Children and Teens...

- Understand the dynamics of family change.
- Express their feelings in more constructive ways.
- Better communicate with parents during and after the transition.

Parents...

- Cope with the end of marriage and the transition to being single again.
- Effectively communicate about the divorce with their child(ren).
- Create strategies for dealing with difficult issues and challenges.

For more information about Cornerstones, please call us at 301.869.1017, ext. 1.

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EXPRESSIVE

Therapy
Center, LLC