



Support Group

Divorce Support Group

In the time of divorce, a woman may feel like her world has fallen apart. It is common to feel alone, scared and overwhelmed. This group connects women to provide a sense of support, competence and empowerment.

- Women are able to speak openly about their experiences in a confidential and safe environment.
- A peer network is created to exchange ideas/advice on legal, financial, visitation, co-parenting, dating and housing issues.
- Women are given the opportunity to recover lost self-esteem and experience personal growth.
- The group process reduces isolation and depression.

WE CAN's divorce support group will be held eight consecutive Tuesday evenings beginning March 16th from 5:30-7:00 pm at the Harwich Community Center, 100 Oak Street, Harwich, MA. The group will be lead by Deborah Ennis, LMHC.

The group will be limited to 12 members and will be a 'closed' group, meaning that no new members will be accepted after the first week. Cost is \$5 per session or \$35 if paid in full before March 16th.

Call WE CAN (508.430.8111) to register.

March 16, 2010, 9:30 am to 1:30 pm
HARWICH Community Center, 100 Oak Street, Harwich

The most common way people give up their power is by thinking they don't have any.

~ Alice Walker

www.wecancenter.org

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