

SEPARATION & DIVORCE Support Group

Going through a separation or divorce?
Struggling with the painful feelings that come with the end of a love relationship?
Feeling overwhelmed or lost?

We can help you during this difficult time.

This group offers a supportive environment where you can process feelings of grief and loss, learn new coping strategies and skills, and **begin to put the pieces of your life back together.**

For more information and/or to
register please call:

(780) 791-1757



**Divorced?
Separated?**

You don't have to
go through it alone



Borealis
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