

The Uncoupling Series

Presented by:

Divorce Communications

When: 2nd & 4th Saturday of each month, 9:00am-10:30am

Intended Audience: Anyone who has recently separated or divorced

Where: Divorce Communications 711 N. Milwaukee Ave. Libertyville, IL

- | | |
|--|--|
| 2.13.16 How the heck did I get here? | 7.9.16 Tapping into basic goodness |
| 2.27.16 Unpack your baggage | 7.23.16 Letting go |
| 3.12.16 What is your communication style? | 8.13.16 Stop playing the blame game |
| 3.26.16 Oh no, this is not my story | 8.27.16 Perspective is everything |
| 4.9.16 Turn the page | 9.10.16 Why do I feel stuck? |
| 4.23.16 I'm the author of my story | 9.24.16 Creating a positive support network |
| 5.14.16 Mindfulness in interactions | 10.8.16 How to minimize conflict |
| 5.28.16 I know I shouldn't have said that, but... | 10.22.16 Involving the kids in your new relationship |
| 6.11.16 Parenting Assessment-how to parent effectively | 11.12.16 Managing a new step-parent |
| 6.25.16 Solutions, not problems | 12.10.16 Starting Over |

\$35 per seminar or attend the entire series (20 seminars) for \$336

Register by emailing: Kim@DivorceCommunications.com

You may also register at the door