

Separation & Divorce Support Group

Wednesdays, 12-1:15 pm, starting Aug. 16

The Women's Initiative, 1101 E High St, Charlottesville

Separation and divorce can feel like a “roller coaster ride” of powerful emotions. This group provides a safe environment for women to tell their stories and be with others who understand their experience. The format will include group discussion and reflection activities and exercises. The group will include women at different phases in the separation/divorce continuum who can validate each other and share information and experience while navigating the transition.

Facilitated by Kelli Block and Nealy Johnston.

Newcomers welcome each week, please register before attending your first session by calling (434) 872-0047 or e-mailing info@thewomensinitiative.org.



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