*SUCCESSFULLY MANAGING DIVORCE*

* **Are you thinking about divorce?**
* **Separated?**
* **In the process of Divorce?**
* **Divorced?**

Join us for a

5 PART SUPPORTIVE LECTURE SERIES

Presented by Sue MacDermott LCMHC

288 South River Road Building A Unit 1 Bedford, NH 03110 603-296-0463

Sue MacDermott is a licensed mental health counselor who has been providing counseling to adults, couples and families for over 20 years.

This 5 week series will walk you through the process of divorce including communication skills and strategies to minimize conflict and stress with your spouse, reducing negative effects on children, reframing divorce from failure to a healthy new beginning.

The group is closed to 12 participants allowing for opportunity to interact with the lecturer as well as each other.

Choose one of two Upcoming Sessions :

Tuesday January 7, 2020 6:00-7:30pm

(January 14, January 21, January 28, February 4)

Wednesday January 15, 2020 11:30-1:00pm

(January 22, January 29, February 5, February 12)

Register at **www.suemacdermott.com** Cost for series is $250.00 payable on website through PayPal