

A Support Group For Children of Divorce

Are your children hurt, angry or confused about your recent separation or divorce?
Do you want your child to talk with other children going through a similar situation?
Do you worry that your child blames themselves for the divorce?

Divorce sometimes creates confusion in many children and often children feel isolated or alone. It can be difficult for children to understand their parents' choice to get divorced and children often blame themselves. Groups are a great way for children to talk about their feelings in a non-threatening environment with their peers.

During weekly support groups, children will:

- Learn to understand their feelings
- Express their emotions appropriately
 - Feel better about themselves
 - Develop coping skills

Where: 13701 Riverside Drive Suite #302 Sherman Oaks, CA 91423

When: Tuesdays afterschool starting Early February 2010

Cost: \$40 per session for 8 sessions—Sliding Scale Available

Contact: Aviva Wolfson, LMFT (818)689-6751

Aviva Wolfson, LMFT is a licensed Marriage and Family Therapist practicing in Sherman Oaks, CA. She has over ten years of experience working with children and their families going through divorce. For more information about this group and other services that Aviva provides, please visit her website at www.lachildcounseling.com
