



## **Therapy Groups for Kids and Adults**

Anyone going through divorce, separation or the ending of a significant relationship knows that it's one of the most stressful and painful experiences that life presents. It's a time when people need understanding, support and a way of developing the coping skills that will make everyday life more manageable and the future more hopeful.

Research tells us that group therapy can be an effective and affordable resource for those who are in the midst of stressful life situations. A small group can provide a safe place where adults and kids are able to work through their feelings of loss, anger and grief and, at the same time, develop skills that will make it easier to move through this painful time.

Divorce Lifeline Group Therapy begins with a call to Samaritan's Coordinator of Divorce Lifeline. We'll set up an intake interview and, if group therapy is an appropriate option for you and/or your child, you will join a small group of up to eight people. Divorce Lifeline Therapy Groups meet once a week for an hour and a half for 10 weeks, and are led by therapists who are experienced in working with issues of separation and divorce. Fees are based on participants' income and range from \$20 to \$50 for each of the 10 group therapy sessions. Fee assistance for those with very limited incomes may be available through the Samaritan Fund.

**For more information about Divorce Lifeline Therapy Groups for adults and children -- or for other Samaritan services, including individual therapy for children and adults, family therapy, and mediation services -- contact Beverley Shrumm at 206-527-2266.**