

# Divorce Lifeline Is Here!

Anyone who has gone 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 to develop coping skills that will make everyday life more manageable and the future more hopeful.

For the past 40 years, Divorce Lifeline has provided this kind of compassionate, practical help. It was started in 1968 by Rev. Dr. Neal Kuyper, founding director of Presbyterian Counseling Service (now Samaritan Center of Puget Sound). Now, in 2010, after a number of years under the direction of Lutheran Community Services Northwest, Divorce Lifeline is returning to Samaritan. Our primary service will be providing group therapy for adults and children.

Group therapy has been shown to be both an effective and affordable resource for people who are in stressful life situations, coping with feelings of depression, anxiety, loss and grief. It provides a safe place to process their experience and develop skills that allow them to move through and beyond a difficult time of transition.

Divorce Lifeline Group Therapy for adults works this way: First, there is an intake interview that will indicate whether group therapy is an appropriate option. If it is, the individual joins a small group of 5 to 7 persons. All participants commit to a course of 10 weeks of therapy, meeting with their group once a week for an hour-and-a-half session. Groups meet at our main office near Green Lake in Seattle and are led by therapists who are experienced in working with the issues of divorce. The group therapy fee is based on the participant's income and ranges from \$20 to \$40 per session. Fee assistance for those with very limited incomes may be available through the Samaritan Fund.

For more information about Divorce Lifeline, contact Beverley Shrumm at 206-527-2266.