

Survive and Thrive

*Practical Strategies
and Empowering Ideas
to help you through your*

DIVORCE



**Four Thursday
Evening Workshops:
January 20th, 27th,
February 3rd
and 10th
6:30-8:30 PM**

Childcare Available

Week 1: Accessing Your Power

Divorce can leave you feeling vulnerable and powerless.

- Through guided imagery and visualization, you will be taken through a creative process to mine hidden sources of strength.
- Using archetypes and symbols, create a piece of art to use as a reminder of your power.

\$35 (10 materials fee) Facilitated by Fern Bass

Week 2: Gearing up

Changing roles: uncoupling, emotionally and legally.

- Practical things you need to know as you begin the legal process.
- Bring your best adult self to the negotiations, make self-led decisions.
- Create protective boundaries

\$35 Facilitated by Bette Galen, LCSW

Week 3: The Mindful Divorce

- Cultivate mindfulness and self-care.
- Stay grounded in your self-worth, let go of negative self talk.
- Techniques to relieve stress.
- Learn to recognize your emotional triggers.

\$35 Facilitated by Bette Galen, LCSW

Week 4: Re-Visioning The Future Using The Mandala

Visualize your new life through the creation of a mandala.

- Guided meditation will assist you in finding images that speak to where you have been and come up with new ones that will show you where you need to go.

\$35 (\$10 materials fee) Facilitated by Fern Bass

Register for all 4 workshops for \$120, or \$35 per workshop.

Group limited to 12 women, sign up early; childcare available

To Register, Call Bette Galen at 973.801.7968 or email bgalen31@gmail.com

Bette Galen, LCSW, a social worker who specializes in working with women who are experiencing life transitions such as divorce, infertility, parenting, and trauma. She has been in private practice since 1999 after transitioning from a career as an executive in the fashion business. Bette has lectured and facilitated groups on a variety of infertility issue, mind/body techniques, divorce, family issues and third party reproduction.

Fern Bass is a working artist and the owner of Bass Arts Studio, an art school offering classes in fine arts, fashion design and sewing. Before devoting herself to art and teaching full time, she worked as a graphic designer and art director at The New York Times, Conde Nast and Fairchild Publications. Her work can be viewed on line at www.fernbass.com