



Adult Children Of Divorce VIRTUAL MEETINGS

A support group for those who were 18 or older when their parents divorced.



New Virtual Group is forming. Please join us!

**Through Zoom
Dates & time TBA**

**For more information, please contact Danielle Gonzalez at dgonzalez@familykind.org
or visit us online: familykind.org/groups-and-workshops**

Parental divorce can be deeply disruptive to young adults and have a significant impact on how their adult lives evolve. There is a false message from our culture that divorce does not really impact adult children because they may be away at college, living on their own, or even married with their own children.

Group discussions will focus on the common themes that exist for Adult Children of Divorce:

- Adjusting to parents as new people and their new partners
- Role changes following parental divorce and the impact on sense of identity
- Implications for intimacy and romantic relationships following parental divorce in adulthood
- Difficulties around setting boundaries and navigating holidays and special events with separated parents

Group sessions will be conducted via a HIPAA-compliant version of Zoom. However, due to the virtual nature of this space, it is not fully private, confidential, nor is it considered a therapy group. Participants are encouraged to be respectful and mindful of one another and to practice discretion.

Participants are asked to commit to attending all 6 sessions.

Participants facing difficult financial circumstances, can reach out to discuss a payment plan.

**For more Information contact: Danielle Gonzalez at dgonzalez@familykind.org
or call 212-769-3057 or 929-479-2975.**

Group facilitators: **Lauren Behrman, PhD** | laurenbehrman@gmail.com

Elana Katz, LCSW | ElanaKatz@gmail.com



We request a \$90 contribution from all participants to FamilyKind, Ltd. for the 6 sessions.

Facilitators of this group have both experienced parental divorce in addition to being professionals in the field.

Open to adults whose parents divorced or separated when they were 18 or older.