

# “Rebuilding: When Your Relationship Ends” DIVORCE RECOVERY GROUP FOR WOMEN

In partnership with 

## 6 WEEKLY SESSIONS

Join Barbara Bennett, LMFT and her daughter Jamie, MFT Intern for her Divorce Recovery Group for Women based on the “Rebuilding” book by Dr. Bruce Fisher.

Learn how to navigate this difficult adjustment process so you can turn your crisis into a growth and healing experience.

**MEETS ON ZOOM  
for 6 weekly sessions**

**\$240 for all 6 sessions**

\*financial aid available



Barbara Bennett is a Licensed Marriage and Family Therapist trained in Internal Family Systems Therapy, EMDR and other trauma based therapies. She has worked extensively with individuals going through the transitions during and after divorce.

### Topics covered will include:

**Loneliness    Grief**  
**Love        Self-Worth**  
**Anger        Transition**  
**Openness    Adaptation**

For more information and to enroll, please contact Barbara Bennett at (646) 389-8020 or email [barbarabmft@gmail.com](mailto:barbarabmft@gmail.com)

Facilitators are affiliated with FamilyKind, a NYC nonprofit organization offering education and support services to adults and children experiencing separation or divorce.