



**TCCH IS EXCITED TO ANNOUNCE:**

**SMALL GROUP COUNSELING FACILITATED BY KELSEY CAHILL**

# **EXPLORING FAMILY CHANGES**

**A SAFE SPACE TO NAVIGATE  
SEPARATION AND DIVORCE OF  
PARENTS**

**Participants will connect and build supportive relationships with peers while processing the stressors of divorce. The group will focus on exploring emotions and developing coping skills to help move from hurt and confusion to healing and hope for the future.**

**Ages 8-12**

**8 weeks**

**Wednesday October 20th-**

**Wednesday December 8th**

**Wednesday's at 5:00**

**Cost: \$360**

**Reserve your spot by October 8th**

**by emailing our office admin at**

**[officeadmin@tcfch.org](mailto:officeadmin@tcfch.org)**