



NUTLEY FAMILY SERVICE BUREAU

## *Women Experiencing Transition & Change* Every Other Wednesday – 7:00 pm to 8:30 pm

**Do you struggle to find a path? Are you facing new and exciting but intimidating challenges at work or home? Do you need help envisioning your future and figuring out what you really want?**

Perhaps you are going back to work, switching careers, or changing your family dynamic through separation, divorce, or re-marriage. Maybe you've sent your youngest to college and the house seems loudly empty. Or maybe, maybe you simply have a yearning to live differently?



**Who:** This *free* group is open to adult women who have experienced major life changes, including (but limited to) separation, divorce, loss, and children leaving the home.

**What:** The group will address common issues that women face during this process such as grief, loss, anger, shame, blame, guilt, doubt, rejection, self-esteem issues, legal and financial concerns, parenting/co-parenting issues, and managing change. The focus of the group will be to provide support, encouragement, and information in a safe, nurturing, and confidential environment.

**Where:** Nutley Family Service Bureau, Annex Building. 169 Chestnut Street Nutley, NJ 07110.

**Come join us for this group for women, that will be led by Jessica Hauck, MA, LAC and therapist at NFSB.**