

# Hope and Healing: Life after Separation/Divorce

A support group for women transitioning  
through Separation/Divorce

Led by: Carolyn McNulty, LMHC, GAL

**Tuesdays – July 5, 2016  
– August 9, 2016  
(six sessions)**

**Morning support group:  
8:45a.m. – 9:45a.m.**

**Evening support group:  
6:00p.m. – 7:00p.m.**

Topics Include:

- Rebuilding after your relationship ends
- Understanding your emotions
- Grieving the loss of the relationship
- Self-worth and the importance of growing your self-esteem
- A life in balance
- Transitioning to a new beginning

Cost: \$350

Location: The Costello Center  
8081 38<sup>th</sup> Ave North  
St. Petersburg, FL 33710

For more information or to register, contact  
Courtney at 727-345-2667 or  
[Courtney@thecostellocenter.com](mailto:Courtney@thecostellocenter.com)

