



NEW TEEN CLASS (ATTENDANCE REQUIRED)

# Navigating Family Change

Helping teens cope with divorce-related stress

If your teen is currently in therapy at our office and you're going through a divorce, this class is required for them to attend. Your teens will learn, feel supported, and gain real-world tools to help them navigate life between two households.

This group-style class is created specifically for teens who are feeling stuck, stressed, or caught in the middle when their parents aren't getting along. We'll talk about real stuff—like feeling loyal to one parent, being overwhelmed by conflict, and learning how to advocate for themselves in a healthy way.

## CLASS CONTENT INCLUDES:

- Why having a relationship with both parents matters
- Understanding the difference between an abusive parent and one you're upset with
- Recognizing loyalty conflicts (feeling like you have to choose sides)
- Emotional regulation and safe, self-advocacy
- Common thinking errors and perspective shifts
- Building skills while navigating two homes
- Understanding feelings and building self-respect

## CLASS DETAILS

**NEW DATES TO COME  
DEPENDING ON INTEREST**

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