

# WRITE THE NEXT CHAPTER

## SESSION TOPICS & SCHEDULE



1

### WHY MARRIAGES END

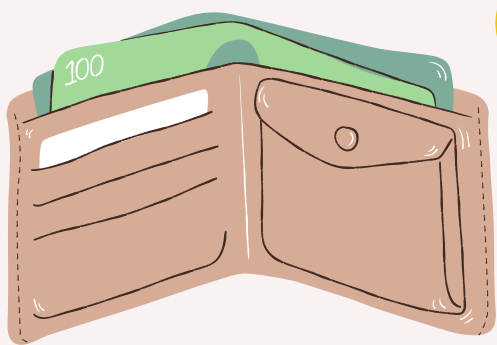
Marriages end for a number of reasons, but it's important to acknowledge that just because the marriage failed doesn't mean that you are a failure. We will discuss common reasons why marriages end and explore ways to identify what we can and cannot control.



2

### SELF CARE

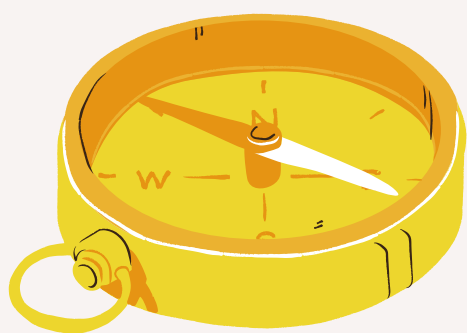
Divorce can take a lot out of you emotionally, mentally and even physically. Self care encourages you to maintain a healthy relationship with yourself. We will discuss some simple forms of self care and ways you can incorporate them effortlessly.



3

### MANAGING FINANCES

Money is bound to change after the end of any marriage, whether it's transitioning to a one-person income or hefty costs in divorce lawyers. We will discuss how to successfully make these financial changes and create a new budget that works for you.



4

### DISCOVERING WHO YOU ARE

As you transition to this new chapter of your life, you may find your identity changing as well. People often fill clearly defined roles in any relationship and it can be easy to lose yourself. We will discuss how to redefine these roles and discover the new you.



5

### SEX & DATING

There's no timeline of when you can or should get back out there into the world of dating! We will discuss what the dating pool looks like today, how to know when you're ready, and help you feel prepared to dive in.



6

### FAMILY & FRIENDS

Talking to family and friends about divorce can bring up a lot of emotions and feel overwhelming. We will discuss how this looks differently for everyone as well as identify what is most important when crafting your new community.