



THE REFUGE CENTER  
FOR COUNSELING

# P A R E N T

## SUPPORT CLASS

*for families in transition*

### CONTENT

A 90-MINUTE EXPERIENTIAL MEETING WITH PARENTS TO HELP ESTABLISH A SECURE BASE AS THEY MOVE FORWARD IN HEALING IN THEIR DIVORCE. THIS CLASS WILL INCLUDE:

- INTRODUCTION OF HOW THE REFUGE CENTER WORKS WITH FAMILIES WHEN DIVORCE IS A PRESENTING ISSUE.
- EXPERIENTIAL INTERVENTIONS INCLUDING PSYCHODRAMA, MINDFULNESS, AND ART.
- PSYCHO-EDUCATION AROUND THE EFFECTS OF DIVORCE ON FAMILIES.
- REMINDING AND REFRAMING THAT THE FOCUS IS THE CHILD/TEEN AND THAT PARENTS ARE A VITAL PART, BUT THE CLIENT IS THE CHILD/TEEN.

### TIME

OFFERED BI-MONTHLY (FIRST and THIRD THURSDAY OF EACH MONTH).  
MEETINGS LAST FROM 6:00PM to 7:30PM

### COST

\$25 PER PERSON