

Securing Hope

Help & support for people experiencing separation/divorce

Starting Spring of 2023!



Joseph has worked for many years with couples' issues including sexual struggles, communication, abusive relationships, and infidelity. He also helps couples and families through major transitions such as separation, divorces, single parent homes, and the emotional adjustments of kids through transitions. His clinical approach has helped countless individuals and families find hope in their situations through the power of connecting with others struggling with similar circumstances.

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Securing Hope is a professionally-led support group based on helping people through the difficult life transitions of separation and divorce. Whether you are just at the start of separation or already divorced, this safe environment offers support, guidance, and emotional safety with others going through the same experiences.

Topics Include:

- Co-parenting
- Issues with legal separation
- Processing guilt/shame/embarrassment
- Dealing with your new self
- Adjusting to the “New Normal”
- Dating issues
- Trust after infidelity
- Boundaries with Exes
- Managing separation/divorce with kids
- Life transitions

Groups will begin in the spring of 2023! For more information, please visit

www.VirginiaCounselingServices.com/

Scan me for more info!

