

UNEXPECTED ENDINGS – NEW BEGINNINGS

HAS YOUR HUSBAND OR LONG-TERM PARTNER SUDDENLY LEFT YOU? ARE YOU SHOCKED AND BEWILDERED AS TO WHY HE LEFT?

A professionally run therapy group for women who are dealing with the distress of a marriage or long-term relationship breakup that they did not see coming and did not want to happen.

The group will provide:

- an environment where you will learn you are not alone
- a place to safely process the shock, grief and possible anxiety and depression
- a way to try and make sense out of what has happened
- an opportunity to learn about yourself and build self-esteem
- a setting to gain steps and support towards a healthy and successful new beginning

Groups are 1 ½ hours long,
held once a week and
limited to 8 members.

The cost is \$240 a month (+GST)

Group Facilitator:

Tara Chotem has a Masters Degree in Counselling Psychology, is a Registered Clinical Counsellor with the BC Association of Clinical Counsellors and a Certified Group Psychotherapist with the National Registry of Certified Group Psychotherapists. She is a clinical member of the American and Canadian Group Psychotherapy Associations. She has been working in the mental health field as a psychotherapist and group facilitator for 30 years. Currently she has a private practice in West Vancouver where she provides therapy for individuals, couples and groups.

For more information and/or a free screening interview please call: 604-926-7411

Tara Chotem, M.A., RCC, CGP,
Suite 302, 545 Clyde Avenue,
West Vancouver, B.C. V7T 1C5

tchotem@tarachotem.com www.tarachotem.com