

Benefits of Group Therapy:

Empathic Listening
Increased Connection
Practical Tools
Guided Discussion

Navigating Divorce: A Support and Process Group for Healing and Growth

Navigating Divorce: A Support Group for Healing and Growth

Are you experiencing the emotional and practical challenges of divorce? You do not have to face this journey alone. Join our Divorce Support/Process Group, designed to provide a compassionate and supportive space for individuals like you who are navigating this significant life transition.



Facilitator: Dr. Heather Frank, Licensed Clinical Psychologist and Certified Group Psychotherapist

When: TBD based on interest and availability

Where: Hybrid (Virtual and in person meetings)

Fee: \$70 per session or in network with Aetna, BCBS, Cigna and U-SHIP. Sliding fee available.

Interested in joining? Contact Dr. Frank at drhfrank@chicagocounselingcollective.com or 312.600.8310.

**Pre-group meetings required prior to joining group*

