

Name \_\_\_\_\_  
Street Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Cell Phone \_\_\_\_\_  
Home Phone \_\_\_\_\_  
Email Address \_\_\_\_\_

**Please register me for:**

Divorce Overview  
Finding the New Normal  
Understanding the Divorce Process  
Keeping Your Cool, Taking Care of Yourself

	Complimentary
<input type="checkbox"/>	\$25
<input type="checkbox"/>	\$25
<input type="checkbox"/>	\$25

**Total**

All three (\$15 savings)  \$60

**Location:**

7965 Stone Creek Drive #10  
Chanhassen, MN 55317

**Preregistration Preferred**

Email: [mndivorcetoolkit@gmail.com](mailto:mndivorcetoolkit@gmail.com)

or Call: 612-710-4974

**or Mail registration form:**

Attn: Divorce Toolkit Registration  
7965 Stone Creek Drive #10  
Chanhassen, MN 55317

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July, 2012

7965 Stone Creek Drive #10  
Chanhassen, MN 55317

# DIVORCE TOOLKIT®

## Divorce Overview

July 9<sup>th</sup> 5:30 - 7pm

Divorce is difficult. There is loss, letting go, and learning to move on. This can be overwhelming. There are logistics of separation: you may need to divide your household, assets and determine custody-with or without the help of a lawyer. While divorce is an ending, it is also an opportunity to grow, learn and develop healthier ways of communicating for yourself and for your kids.

**Divorce Toolkit®** is designed to help you get all the information you need to get through divorce practically and emotionally with a higher level of wellbeing for you and your kids.

## The Emotional Divorce: Creating Your "New Normal"

July 16<sup>th</sup> 5:30 - 7pm

When a marriage ends there is an emotional and legal process the divorcing couple must go through. It is important for people going through divorce to understand the impact that the emotional dynamics have on the individuals and on the family. Knowing what to expect, how to help your kids, how to take care of your own feelings, and how to create your "new normal" will allow a person going through a divorce to choose what to do with the changes divorce brings to life. We will talk about the many losses a person goes through, grief and divorce, the emotional dynamics of decision making, moving forward after divorce, positive co-parenting, and what it means to create your "New Normal."

## Logistical Separation: Understanding the Divorce Process

July 23<sup>rd</sup> 5:30 - 7pm

Divorce can bring up questions you may never have thought you would ask. We will talk about what to expect from the legal system, division of assets and liabilities, child support, spousal support and how to come to an agreement in a difficult separation process. This session helps you to understand how to untangle the complexity of the marital estate and reach an agreement cooperatively rather than in a competitive struggle.

## Self Care: Staying True to Yourself

July 30<sup>th</sup> 5:30 - 7pm

Divorce can impact your wellbeing on spiritual, mental, emotional and levels. Symptoms of this can include physical aches and pains, anger, irritability, feeling alienated and alone, withdrawal, excessive physical or mental activity, anxiety, fear, depression and hopelessness. It is critical to recognize these symptoms and take care of yourself to promote the healing process. This session looks at what does and does not support you during this time. Practical techniques to stay balanced, grounded and true to yourself are taught to promote a higher level of wellbeing for you, having a ripple effect on those you touch. .



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