



Stepping Stones

Divorce Recovery Classes for Children

LIFELINE COUNSELING CENTER

www.lifeline-counseling.org

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Hosted by:

Open to the Community



Stepping Stones classes give children the opportunity to:

- Develop strategies for dealing with losses and transitions related to divorce
- Identify and appropriately express emotions
- Learn how to identify and address losses in a healthy, productive way.
- Address feelings and concerns about visitation, custody and new parental relationships
- Learn how to talk to parents about their feelings and the divorce
- Establish a sense of hope for the future

Classes are taught by licensed professional counselors trained in child development and pediatric mental health.

Class size is limited. To register, call (865) 981-7400 or email lifeline@lifeline-counseling.org

Dates:

Location:

Registration information:

Stepping Stones is for children ages 7 to 11 years.