



DIVORCE WELLNESS SUPPORT GROUP

Every Thursday • 11 am -12:15 pm

**In person at our office
6100 Lake Forrest Dr., Ste. 450
Atlanta, GA 30328**

FREE

Divorce Support Group for women who are contemplating, in the process of, or post-divorce. Achieve optimal wellness through support for emotional, physical, financial, and spiritual well-being. A weekly exploration of topics allows each member to benefit from others as they apply these topics to their own unique experience. There is a life of meaning, peace, and even joy beyond marital challenges and beyond divorce. Get there by finding community and guidance in the process.

You do not need to be alone.

**To join the group or for more information,
please reach out to Cindy @ 770.313.1615
or cindy@hoppercounseling.com**



Cindy Hopper, MS, LPC, CRC

Cindy is a Licensed Professional Counselor with years of experience helping women grow through difficulties such as relationship betrayal, divorce, and grief. She focuses on strengths, empowering clients to emerge with grace and dignity.

Cindy's approach to therapy, characterized by empathy, warmth, and a non-judgmental atmosphere, is designed to promote healing in her clients. By incorporating Viktor Frankl's philosophies, she helps individuals explore the quest for meaning, harness the transcendent power of love, find humor even in challenging circumstances, and discover their inner courage in the face of adversity so they can regain control over their lives.

"When we are no longer able to change a situation – we are challenged to change ourselves." --Viktor Frankl



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