



AFTER THE DUST SETTLES: EMBRACING INTENTIONAL LIVING POST-DIVORCE

Thursdays, 12:30-1:45 PM

In-person

Atlanta Center for Wellness Small Group Room

\$75 per session, with a four week commitment paid in advance

After the paperwork is signed and the dust settles, join us to explore intentional living and personal growth post-divorce or significant break-up. This group focuses on leveraging strengths, understanding motivations, and overcoming fears to actively create a life of choice and meaning, rather than one dictated by circumstances. Please join us for support, collaboration, and empowerment.

Topics Covered:

- Creating Your Vision
 - Finding Meaning
- Building Connections
- Challenging Limiting Beliefs
 - Overcoming Fears
 - Exploring Interests
 - Processing Emotions
- Understanding Yourself
 - Embracing Growth

**For inquiries or to join the group,
please reach out to Cindy directly at 770-313-1615
or Cindy@HopperCounseling.com**



Cindy Hopper, MS, LPC, CRC

Cindy Hopper, a Licensed Professional Counselor, empowers individuals to realize their potential by exploring motivations, vulnerabilities, and strengths. In therapy, she cultivates a safe, non-judgmental environment marked by empathy, warmth, and humor. As a group leader, she fosters community and connection, encouraging clients to explore thoughts and feelings openly for growth and self-discovery.

*"Everyone has his own specific vocation or mission in life... therein he cannot be replaced, nor can his life be repeated."
--Viktor Frankl*



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