



DIVORCE WELLNESS SUPPORT GROUP

THURSDAYS | 11AM-12:15PM
6100 Lake Forrest Dr., Suite 450
Atlanta, GA 30328

FREE

The Divorce Wellness Support Group at Atlanta Center for Wellness is specifically tailored for women who are considering, going through, or have already gone through a divorce. Participants achieve overall wellness by receiving support for their emotional, physical, financial and spiritual health. A weekly exploration of topics allows members to learn from each other and apply the information to their own unique experience. There is a life of meaning, purpose, peace and joy beyond divorce, and this group offers the community and guidance needed to navigate this challenging time.

You are not alone in this journey.

For more information or to join the group, please contact Cindy Hopper at 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.

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When we are no longer able to change a situation, we are challenged to change ourselves.

-Viktor Frankl



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