

FOR IMMEDIATE RELEASE

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Moving on After Divorce

GLENDALE, Ariz. – Divorce is one of life’s most jarring changes, impacting almost every domain of life. Instead of being caught in a spiral of despair, divorcees can use this situation as a springboard to a life that they will love.

“Life After Divorce: Moving from ‘Survive’ to ‘Thrive’” will be presented from 2:30-4:30 p.m. on seven consecutive Sundays, beginning Jan. 14 in the large meeting room of Glendale Main Library, 5959 W. Brown St. Laura Atwood, President of Adler School of Professional Coaching – SouthWest, LLC, will facilitate.

During this course, participants will become clear about their current situations, be able to assess their own strengths and resources, develop a compelling vision for the future and create an action plan to construct the post-divorce life they desire.

Through instructive and experiential learning, the class members will explore key areas such as the legal process, finances, parenting, career, relationships, environment, health, identity, and, something that has probably been lacking—fun.

Atwood is Arizona’s only coach training program accredited by the International Coach Federation. She is also Director of Adler’s ParentCoaching program, plus maintains a private practice as a divorce and family mediator and is a divorce coach.

Registration is required and participants must commit to attending all sessions. Call 602-493-1886 to sign up.

“Life After Divorce” is part of Quality of Life Institute Courses, which is supported, in part, with funds granted by the Arizona State Library, Archives and Public Records Agency under the Library Services and Technology Act, which is administered by the Institute of Museum and Library Services.

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NEWS
Glendale, az

Only library
to receive the
Arizona Governor's
Arts Award

Award-winning
teen programs

Oldest library
in the Valley,
serving residents
since 1895

Glendale Public Library
Main Library
5959 W. Brown St.
Glendale, AZ 85302
623-930-3530
www.glendaleaz.com/library