

April EAP Webinar

Sponsored by: Wayne Corporation EAP

Helping You and Your Child Adjust to Divorce

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It's no surprise that the breakup of your marriage is tough on your child no matter their age. Supporting them as they react to your divorce, while also managing your own feelings, can be challenging. In this session, we will learn how to lend comfort – not confusion – to an already difficult situation and at the same time, help you manage your own feelings and anxiety. We will discuss how to adjust new living situations and effectively communicate with your ex-partner. The concrete tools, strategies, and supportive resources you'll gain during this session will help both you and your child to thrive throughout the divorce process and beyond.