

Montclair Health Associates



A Comprehensive Weight-Loss Program for
Children and his/her Family

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Lifestyle Changes

Separation and potential divorce is a critical life experience involving change and crisis, but also opportunity. Healthy, structured communication and insight is the key to new and better relationships and resolving grief and loss. If you are considering divorce, talking with a therapist is a vital tool to gain understanding, make informed choices, and to avoid similar pitfalls in the future.

We can help you decide, typically within just one or two sessions, if patterns are workable and if divorce is the best option for you. Regardless of the decision, we can offer our therapeutic support through the ups and downs involved in this difficult process.

At Montclair Health Associates, we have over twenty-five years experience counseling individuals and couples- whether they are separating or divorcing or staying together to try to work things out, or just to see if a purpose remains for the relationship.

We have expertise in separation and divorce matters and will talk with you while safeguarding your confidentiality about this most personal matter. Please call or email us to arrange a free phone consult.

Discuss your concerns with us:

- Feeling overwhelmed? *We'll help you gather your thoughts, create a plan, and put your best foot forward.*
- What will my life be like should I divorce? *We'll help you with the transitions and adjustments.*
- What do I do if things seem impossible? *We'll show you how to deal with impossible situations to minimize conflict.*
- How do I talk to friends, children, and family members about my divorce? *We'll help you determine what to say and decide if it's in your best interest.*
- What can I expect from the process as a divorcing Woman or Man? *We'll share our expertise in these and other difficult situations.*
- What about future concerns; Stepparenting, custody, finances? *We'll help you manage and get ready for your future.*