



The Snow Psychology Group

WWW.SNOWPSYCH.COM



Co-ed Separation and Divorce Support Group

Where: ONLINE via secure Telehealth during Coronavirus Pandemic

When safe to return to in-person sessions:

The Snow Psychology Group, LLC
6274 Montrose Rd
Rockville, MD 20852

When: 16-week series, Wednesdays from 12 - 1:15 PM

Who: Individuals who are separated or divorced and would like a safe and non-judgmental place to process their feelings and reactions about their relationship ending and begin to heal, recover, and move forward. The group is led by Dr. Erin Severe, an experienced licensed psychologist, with advanced training in relationships. Individual intake session required.

Cost: \$100 per weekly session. May be reimbursed by insurance plans through out-of-network benefits. Credit cards accepted.

What you will gain from participation:

- Coping skills for managing loss and grief and changed life plans
- Effective communication strategies
- Stress management
- Acceptance strategies
- Self-care and self-compassion techniques
- Strategies for Rebuilding and Recovery
- Support and problem solving from peers in similar situation who "get it"

To sign up or for more information:

Contact Dr. Erin Severe at (240) 676-4206 x706 or drsevere@snowpsych.com