

# Life After Divorce Support Group

During or following a divorce, transitions can range from anger, loss, sadness, isolation, new discoveries and more. Our group offers transformative exercises, readings and support to help you enter a new chapter in life. The group is open to women and men.

**Call (303) 443-0419 for Dates and Times**

## About the Facilitator

Janet Bychek is a Licensed Clinical Social Worker that has been practicing psychotherapy for over 30 years. She has been teaching the Co-Parenting for Life class for 7 years. Her own divorce 8 years ago has been the inspiration for teaching parents to have a low conflict co-parenting life. She is the parent of two teenage girls.

**Register:** Cost is \$25 per session and pre-registration is required. To learn about dates or to register, call (303) 443-0419 or [frontdesk@ywcaboulder.org](mailto:frontdesk@ywcaboulder.org).

**Location:** YWCA of Boulder County  
2222 14th Street (14th & Mapleton), Boulder  
*On-site childcare is available. Call Children's Alley at (303) 449-1951 to learn more.*



Benefit from the support of others  
as you enter a new path in life

eliminating racism  
empowering women  
**ywca**

You, Women, Children, All of us

YWCA of Boulder County  
2222 14<sup>th</sup> Street  
Boulder, CO 80302  
(303) 443-0419  
[www.ywcaboulder.org](http://www.ywcaboulder.org)