

Don't do Divorce alone. Divorce workshop offers support and practical direction.



Plymouth, Massachusetts May 4, 2026 ([Issuewire.com](http://www.Issuewire.com)) - It's impossible to understand how painful divorce is if you haven't been through it.

The newly formed Divorce Support Group provides a safe, welcoming place to work through your feelings with other people facing similar challenges. Together, we explore denial, fear, loneliness,

friendships, guilt/rejection, grief, anger, and whatever else arises. We will also discuss practical ways to take care of yourself.

The workshop is scheduled for eight Thursdays, 6 pm – 7:30 p.m. March 7 and includes March 7, March 14, March 21, March 28, April 4, April 18, May 2 and May 9 at the Maverick Wellness, 67 Coddington Street, #209, Quincy MA 02169. Cost is \$240 for the 8-week session. Group support works best when members can commit to attending all the sessions. Participants are encouraged to sign up only if they believe they will be able to attend all the sessions.

This small support group (limit is 6-8 members) will provide a safe, accepting space to discuss the emotional challenges of your divorce, talk with people who “get it,” and learn from each other.

Specifically, the workshop explores practical ways to take care of yourself, cope with stress, how to talk with your children, meeting with your lawyer, ways to co-parent with your ex, feelings around the family home, personal belongings and more.

The workshop was developed and will be led by Frances T. Spillane, a divorced mother of two children and recently remarried. She is an LMHC and Life Coach who supports clients in creating meaningful, fulfilling lives.

“When I look back at my divorce, I often wonder ‘What was wrong with me?’” She added, “Why did I try to do it all alone? Why didn’t I ask for more help? Why didn’t I do more to help myself? Why didn’t I find more support? What was I thinking? Having survived that gauntlet, I developed this workshop.”

Fran is on her third career. Prior to becoming a therapist, she was a tax accountant, then a stay-at-home mom. Her own journeys through transition give her a deep sense of empathy and compassion, as well as the knowledge that change provides the opportunity to create a more joyful life. Her authentic and unconditional positive regard for clients supports their honest exploration of their most important issues.

Fran practices in Attleboro and Quincy, MA. She earned her M.A. at Bridgewater State University and her B.A. at the University of Notre Dame.

To RSVP, please visit <https://www.EmbraceYourFreedom.Net> or email FTSpillane.obhi@Gmail.com.

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