

Press Release



FOR IMMEDIATE RELEASE

Free Separation & Divorce Class Offered by Turning Points

ENGLEWOOD, Colo. (July 2, 2009) – A free class on Separation & Divorce will be offered by *Turning Points, A Counseling and Psychiatric Practice*, on Monday, July 13 from 6:30 – 7:30 p.m. at its Inverness location, 155 Inverness Dr. West, Englewood.

The class is open to those in the community who are going through a separation or divorce. Learn practical ways to cope with changes brought on by divorce, and discuss appropriate ways to manage your emotions and actively take control of the situation. To register for the class, call 303 779 9676.

Instructor Yael Shuman, LMFT (Licensed Marriage & Family Therapist), is a therapist at Turning Points and focuses her practice on individual and family counseling, separation and divorce, depression and stress management. She has been practicing for more than a decade.

Turning Points, a program of Arapahoe/Douglas Mental Health Network, is a counseling and psychiatric practice geared to adults, children and families throughout the metro area seeking services for emotional challenges such as depression, anxiety, marriage and family counseling, parenting help and other mental health disorders. Turning Points provides numerous free educational programs to the community.

To view all the educational programs offered by Turning Points as well as Arapahoe/Douglas Mental Health Network, visit www.admhn.org.

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Arapahoe/Douglas Mental Health Network is a private, non-profit organization that provides comprehensive mental health and substance abuse treatment services to individuals of all ages. For more information, visit admhn.org.

Turning Points, A Counseling & Psychiatric Practice

A program of Arapahoe/Douglas Mental Health Network
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