

*With change comes empowerment*

## Community Spotlight



### **Lesli Doares**

*Licensed Marriage and Family Therapist and Couples Coach*  
***Foundations Coaching***

As a Marriage and Family Therapist, I am a passionate believer in marriage, but marriage done right. Like most things in my life, I didn't come to this position in a straightforward way.

My very first session at my very first professional conference almost twenty years ago, was entitled "Bad Couples Therapy". It was a session led by one of the leaders in my field that focused on what not to do as a marriage therapist. This planted a seed that took root a few years later when a five-year-old girl became my client. She presented with anxiety but the real problem was that she was the rope in her divorced parents tug-of-war. She was exposed to every possible bad consequence of divorce you can think of. I could relate to some of her experiences because my parents' divorce was less than positive. It dawned on me that the only way I could help her, and other children like myself, from becoming collateral damage was to work with their parents. Thus, a couple's therapist and coach was born.

I don't believe miserable and marriage should be used in the same sentence, but I know that there are some marriages that need to end. The uncomfortable truth is most marriages don't have to. All marriages face the same challenges. Learning to successfully navigate these challenges is the key to creating a thriving marriage that is truly happy. In fact, facing these challenges early, and with the right guidance, a couple can turn them into opportunities to build greater intimacy and connection. So, with my former client sitting quietly in my heart, I persistently pursue real "happily ever afters".



**4 A Better Life™**  
Health | Wealth | Wisdom | Love

## **Heal Your Heart So You Can Love Again**

*Facilitator: Lesli Doares*

Whether you want to repair your struggling marriage or have made the decision to end it, you still want love in your life. But it will be hard to do if hurt, resentment, and anger are living in your soul. This workshop will prepare you to move through the pain in your current relationship and prepare your heart for the love you desire and deserve. It will enable you to make peace with your spouse so you can rekindle your marriage or allow you to move on while sincerely wishing them well. Either way, your heart will be open to love again.

May 6th, 2017

3820 Merton Drive, Raleigh, NC 27609

9:00-11:00am

*Registration begins at 9:00 am. Workshop begins at 9:30 am.*

**FREE!**

[Click here to register](#)

For more information, contact Jen Bordeaux, Director of Public Relations, at [jennifer@newdirectionfamily.com](mailto:jennifer@newdirectionfamily.com) or (919) 719-3470.

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## The Healing in Spring Cleaning

It's Spring! The flowers are starting to bloom. The birds are singing. The yearning for a fresh start is bubbling just beneath the surface. The invitation for rebirth and creation and aliveness is whispering its sweet strains of promise and hope. It's an invitation that reminds us that closed doors are simply opportunities to open windows, and that caterpillars turn into butterflies. It's an invitation that is never more poignant than in the wake of a divorce.

After facing the murky waters of unmet expectations, competing demands and shattered dreams, you yearn for a new beginning. For forward movement, a new vision, and there's no better way to launch yourself towards this new beginning than to Spring clean!

But I'm not talking about the ordinary Spring cleaning of vacuuming under the furniture and washing the windows. I'm talking about Spring cleaning that is going to bring about a change within you, that is going to change how you feel.

[Read full article](#)

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## Get Involved

**SAFEchild**



## **SAFEchild Champions for Children 2017 Spring Gala**

SAFEchild, an acronym for **Stop Abuse For Every child**, supports families with a wide range of needs. The goal for each family turning to SAFEchild is the same: To build a stronger family and create a healthy, nurturing environment which allows children to thrive.

SAFEchild is the only child abuse prevention agency in Wake County working directly with families, and the organization offers parent education and support services to families to prevent abuse and neglect, and changes the long-term effects of abuse if it has occurred.

The **SAFEchild Champions for Children Spring Gala** is on April 22, 2017 and offers a wonderful opportunity to get involved and help stop abuse for every child.

**[Purchase Your Tickets Here](#)**

Know a local organization that you'd like to see featured in our newsletter? We'd like to help spread awareness and encourage community involvement.

For more information, please contact Jen Bordeaux, Director of Public Relations, at [jennifer@newdirectionfamilylaw](mailto:jennifer@newdirectionfamilylaw) or (919) 719-3470.



## What's Going on in the Triangle

- April 8th - YogaFest NC [\[Learn More\]](#)
- April 8th - Feed Durham Festival [\[Learn More\]](#)
- April 15th - #FORRALEIGH Epic Easter Egg Hunt [\[Learn More\]](#)
- April 21st - Southern Women's Show [\[Learn More\]](#)
- April 29th - K9-3K Dog Walk and Woofstock [\[Learn More\]](#)

For a list of more local events click [here](#)



## Monthly Words of Empowerment

“There is nothing wrong with taking a break from everything and concentrating on yourself. You

are not responsible for fixing everything that is broken. You don't always have to try making everyone else happy. Make your own happiness and peace of mind a priority.”

– Unknown

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