



With change comes empowerment



Staff Spotlight

Elizabeth A. Stephenson

Whenever someone asks me what I do for a living, and I tell them I'm a family law attorney, their reaction is invariably the same... "I just don't know how you do that... it must be so hard."

And I'm always struck by that response because for me it's just the opposite. To me, being a family law attorney is the most rewarding career I could have chosen. I see people who are experiencing the most stressful, financially challenging and emotional time of their life.

This is my opportunity to advocate, assist and support them to move forward. It's immensely gratifying to see each client work through the process and reach the other side.

As a past social worker, I saw people stuck in situations unaware of how much better their life could be once they got to the other side of the crisis they were experiencing at the time. It is the same in my family law practice. As a family law attorney, I educate and empower clients so that doors are opened and clients can have the future they want and deserve for themselves and their family.

New Direction is the perfect name for our firm. Why? Because you can't go back and live in the past, you can't stay stuck where you are in the present, so your only option is forward toward the future— your new direction to a better life.



Empty Nest Syndrome and Divorced or Single Parents

Empty nest syndrome is a phenomenon in which parents experience feelings of sadness, angst, even mourning when their last child moves out of the home. Often the parents feel confused, bewildered, and unable to figure out what to do next. Some parents experience poor sleep and loss of appetite. Sometimes the feelings of loss are so deep that they can lead to depression and alcoholism.

While not everyone goes through empty nest syndrome, the sense of loss can be worse for divorced or single parents because those parents have often devoted all of their time and energy in their children. And, they have no spouse with whom to share the loss.

[Read full article](#)

Get Involved!

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.com or (919) 719-3470.



What's Going on in the Triangle?

- Toddler Time: Every Wednesday at Jumping Beans ([learn more](#))
- Oak City 7 and Pickin' in the Plaza, Summer Concert Series ([learn more](#))
- Pathway to Freedom Outdoor Drama ([learn more](#))
- Finally Friday - Apex ([learn more](#))

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



Monthly Words of Empowerment

“Life is too short to argue and fight with the past. Count your blessings, value your loved ones and move on with your head held high.” -Unknown



Workshop Series

COMING SOON

Stay tuned for more information about the 4 a Better Life workshop series. We'll be working with experts in various fields to help educate and empower individuals to move forward and have the life they want and deserve.

For more information on 4 a Better Life, please contact **Jen Bordeaux, Director of Public Relations** at **919-719-3470** or **jennifer@newdirectionfamilylaw.com**

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