

With change comes empowerment



Staff Spotlight

Kelsi Ernst, Legal Assistant

There are many things that change and influence our lives. One of the biggest influences of my life is my grandmother “Roosh.” She has always encouraged me to follow my dreams and was the first person to really introduce me to the legal field. When I was about 7 or 8 she told me that understanding the legal system was important and that she wished that she had more of an understanding of how it worked.

From that moment on I knew that I wanted to learn more about the system and understand as much as I could. Fast forward to 2013 when my parent’s marriage started to fall apart. I saw how intense a divorce could be and how it could affect more than just the husband and wife. My parents were married for almost 30 years. During their separation, I wish I knew more about how divorces worked so I could better understand what was going on and how I could help. My sister and I turned to each other for support and guidance. I learned that sometimes the best way to help someone is simply to listen.

While I was in college, I had a good friend who was a victim of domestic violence. I saw how it tore her down and how little self-esteem she had. I watched her go to court and cry herself to sleep night after night. Once she reached out for help she started to get better and feel better about herself. She understands that what happened is not nor will ever be her fault. After I graduated it became increasingly clearer to me that I was meant to work in a family law environment. New Direction Family Law strives to help each client individually. Each person is unique and should be treated as such. I pride myself on my ability to listen to each person and help them understand that we are here to help. Just because your life is changing does not mean it is ending. It means you’re starting a new chapter in your life. Going through divorce, child custody battles and domestic violence issues can be hard and scary, but that does not mean that you are alone. I will always be thankful for the people in my life for helping me figure out what I was meant to do.



Newly Separated or Divorced?

Don't Let Money Woes Dampen your Ho Ho Ho!

I remember my first “newly separated” holidays. I had a young son and felt sad and alone facing the holidays knowing the “we” traditions were a thing of the past. Add to that my new one income household and I just wanted the new year to come and skip the holidays. But, I also wanted to make the holidays special for my son. I was feeling guilty for the breakup of my family. But looking back at that first holiday 10 years ago, I know that we built new traditions and my son survived and continues to thrive. We didn't have lots of presents, like Christmases before, but I have such special memories of setting up blankets, having a fire, making smores and watching the Polar Express and The Grinch with my sweet boy on Christmas Eve. These many years later, with a teenager on my hands...we still do that and you just can't put a price on that!

In the spirit of the New You, here are some ideas if you are feeling like I was after my **separation and divorce** to put that Ho Ho Ho back in your holiday:

[Read full article](#)



2017 RDU Non Profit Expo

Looking for an organization to volunteer at or become involved with but don't know where to start? Attend the **2017 RDU Non Profit Expo** to learn more about local non profit organizations, their mission and how you can help. There are many non profit organizations in North Carolina that are providing assistance or resources that are of reduced cost or **FREE** to community members. As service providers, citizens, and government officials we are in constant contact with individuals needing a holistic approach of assistance. Because knowing what services are available can be difficult, a great variety of RDU organizations with high impact are gathering together at the RDU Expo.

When: Tuesday, January 10, 2017

Time: 3:00-7:00PM

Where: North Carolina State University - 2610 Cates Avenue Raleigh, NC 27607

Cost: FREE!

CLICK [HERE](#) to learn more and register to attend the event.

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 or (919) 719-3470.



What's Going on in the Triangle

- December 10, 2016 Gingerbread Jamboree ([learn more](#))
- December 15, 2016 Cinderella ([learn more](#))
- December 17, 2016 Breakfast with Santa ([learn more](#))
- December 31, 2016 First Night Raleigh ([learn more](#))
- January 7, 2017 4 A Better Life Panel Forum Workshop ([learn more](#))

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



Monthly Words of Empowerment

“The best feeling in the world is finally knowing you took a step in the right direction. A step towards the future where everything that you never thought was possible, is possible” - Unknown



4 A Better Life™

Health | Wealth | Wisdom | Love

Panel Forum Workshop

January 7, 2017

3820 Merton Drive, Raleigh, NC 27609

9:00-11:00am

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

\$26.99

Kick off 2017 with **4 A Better Life** workshop and personal growth series. Learn how you can have the health, wealth, wisdom and love you deserve! This life changing series will cover:

- How to develop healthy and thriving interpersonal relationships
- Making your nutritional, mental and physical wellbeing a priority
- Achieving financial success for you and your family
- Overcoming the challenges of step and co-parenting and making it work
- Getting back into the work force and finding the right job that works for you
- Gaining insight on whether it's best to buy, sell or keep the home

Get to know the facilitators, ask questions, and learn more about 4 a Better Life and how the workshops will equip you to embrace your best life now and feel empowered to move forward!

[Click here to register](#)

For more information, contact Jen Bordeaux, Director of Public Relations, at jennifer@newdirection-family.com or (919) 719-3470.



