

*With change comes empowerment*

## Community Spotlight



**Whitney Wall, PhD**

*Psychotherapist*

***KKJ Forensic & Psychological Services***

I decided to go into the mental health field because I wanted a job that was about more than just a paycheck. Good therapy is all about human connection, and I am lucky to be part of the process. It's an honor to be able to connect with others and bear witness to their humanness. When done well, therapy is an experience that leaves all participants – therapist and clients – forever changed. It's the best job in the world!



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

### **Charting a Path to Healthier Parenting and Co-Parenting Experiences Following Divorce**

*Facilitator: Whitney Wall, PhD*

This interactive workshop will illuminate common challenges parents face following divorce as well as explore techniques that can be used to anticipate and overcome these challenges. Participants

will have the opportunity to (1) identify their parenting/co-parenting strengths, (2) anticipate points of co-parenting conflict/struggle, and (3) explore evidenced-based planning and communication strategies that can be used to promote healthier parenting and co-parenting experiences following divorce.

April 1st, 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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## **Child Support – How Much, How Long and How Does It Change?**

A recent report released by the Department of Agriculture found that a middle-income, married couple with two children is estimated to spend \$233,610 to raise a child born in 2015. This number only covers costs from birth through age 17 and that doesn't include college expenses. What does

that mean for the average parent? You can expect to spend between \$12,350 and nearly \$14,000 a year, on average, to raise a child.

If you are **separated or divorced** from your child's other parent, that cost could be more. You may now have to pay for work related child care, before and/or after school care and summer camps. And don't forget the braces and tutoring and, if you've got a sports champion, those travel sport league expenses.

[Read full article](#)

## 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

- March 3rd - An Evening of Entertainment [\[Learn More\]](#)
- March 4th - The Facts of Retirement—Take Charge...Its Your Financial Future [\[Learn More\]](#)
- March 11th - Raleigh St. Patrick's Day Parade and Festival [\[Learn More\]](#)
- March 17th - Kidz Stuff Consignment Sale [\[Learn More\]](#)
- March 25th - Touch a Truck [\[Learn More\]](#)

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



## Monthly Words of Empowerment

“Never be a prisoner of your past. It was just a lesson, not a life sentence”

– Unknown

### **New Direction Family Law**

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