



With change comes empowerment



Staff Spotlight

Sarah J. Hink

I have practiced family law exclusively since being licensed to practice by the North Carolina Bar. Many people ask me if I have always wanted to practice family law, and the truth is I have not. Going into law school I envisioned myself focusing on environmental and constitutional law and going on to practice in a firm focusing on government and public policy. That is how I pictured myself making a difference through my career.

During law school I fell in love with trial advocacy, and with prior experience with civil litigation as a paralegal, I thought it best to explore other options. Interning with a local family law attorney and representing victims of domestic violence while participating in Legal Aid's 50B program made me realize I wanted to make a difference on a much more personal level. Having been a family law practitioner for several years, I know there is truly no other area of law I would rather be in.

I enjoy working with people in time of crisis, and I believe my ability to stay calm, poised, and pragmatic lends itself well in this environment. Divorce in itself is an emotional and draining experience; however, litigation should not be driven by the emotions of attorneys or their clients. This is especially important in custody cases, when, often times, my role is to maintain focus on the children and put aside individual agendas and their differences to make the choices that are best for their family going forward.

Focusing on the legal process separately from the healing process helps keep legal fees, as well as stress levels, low. When we first meet, many clients are beaten down, emotionally distraught, and filled with angst over the decision and reality of divorce and its effect on their future. While working together with them throughout their case, I am able to fight for their legal

and best interests to ensure that they find the stability and security needed to move forward from the crisis in a positive and better direction. Being able to witness and to be a part of their healing process is a rewarding experience.

Practicing family law is both intellectually and emotionally challenging, and I know I wouldn't want to do anything else.



"Labor Day": A New Beginning or Growing Pains?

As we celebrate Labor Day and the end to summer, your family may be experiencing a new beginning – a new baby or what's been called an "ours" baby. Having a new baby is generally a time of joy and celebration, but for blended families it can also bring new challenges.

Experts say that it generally takes between two and five years for a stepfamily to settle into their own unique routine and become a "blended" unit. During those years, everyone – including your children and your ex-spouses – are learning to navigate a whole new world. You and your new spouse are learning new routines and how to live with and love each other. If you and/or your new spouse have minor children, they are dealing with the same things, but through the eyes of a child and with a child's limited emotional and psychological development. So, if you think it's difficult to blend your families, imagine what your children may be experiencing. Now add an "ours" baby, and you could have not only a new baby, but a whole new set of challenges.

[Read full article](#)



We're sponsoring a Fall/Winter Clothes Drive for **Note in the Pocket**

Note in the Pocket provides clothing to impoverished and homeless children in Wake County. The organization believes that it is unacceptable that children are limited in their educational and social development because they do not have appropriate clothes for school. Through partnerships with schools, agencies, individuals, businesses and foundations, Note in the Pocket clothes children with dignity and love.

All donations can be dropped off at **New Direction Family Law**, 617 W. Jones Street, Raleigh, NC 27603

Items currently needed:

- **NEW** adult size underwear and socks appropriate for older students
- Fall/winter jackets, sweaters, scarves, gloves, etc.
- Boys shoes size 4, 5 and 6
- High quality used or new school clothes and shoes for all ages

CLICK HERE for more information about Note in the Pocket.

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

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 or (919) 719-3470.



What's Going on in the Triangle

- 9-9-16 Make a Wish-Polar Ice House ([learn more](#))
- 9-10-16 25th Annual Dog Olympics ([learn more](#))
- 9-16-16 Tar Heel Downtown ([learn more](#))

- 9-22-16 Girls Night Out sponsored by Raleigh-Durham Housewives ([learn more](#))
- 9-24-16 Fall Into Health sponsored by Burn Boot Camp-North Raleigh ([learn more](#))
- 9-24-16 Denise Dominguez Divorce Support Meet Up Group ([learn more](#))

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



Monthly Words of Empowerment

"When you can't control what's happening, challenge yourself to control the way you respond to what's happening. That's where your power is." -AwakeningPeople.com



Workshop Series

COMING SOON

"4A Better Life" is a series of workshops that serve as a resource for empowering change by equipping and educating the local community. Leveraging experts in various professional fields that deliver timely information, participants are encouraged to broaden their knowledge and to embrace their best life now and feel empowered moving forward! Stay tuned for more information!

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