



Family Law & Mediation

How can I reduce the stress and emotions that always seems to go along with separation and divorce?

As we lead into the holidays, it always seems as though there is a surge in phone calls at my office for consultations. No matter what the reason, or when separations occur, it is likely going to be an emotionally stressful time for families.

1. Divorce does not have to be “win-lose”

Approach your divorce with a focus on your financial needs and objectives and as a process where you are bringing a workable ending to a partnership. This will help lay the foundation for both parties to be able to move on. You will find that in the end your divorce will be less expensive and with less anxiety and fear than typically experienced in a traditional adversarial divorce.

2. Lawyers and other advisors should not make your decisions

There are divorce processes available that empower separating couples and facilitates sound decisions. Talk to a Collaboratively-trained family law lawyer (www.collaborativepractice.ca) or a family mediator (www.afms.ca); I am trained in both Processes.

3. Consider your divorce a transition – not an end

Move through the divorce process as an empowered decision-maker with the goal of transitioning

to the next phase of your life. Divorce is about new beginnings.

There is never a perfect time to divorce. Divorce is never easy, but it is possible to navigate the tough emotional and financial challenges in a way that can help you transition to the next phase of your life.

How are you managing to get through the emotional component of your divorce? Share your stories with me – send me an email at Stephanie@kindrachukdobson.com or follow me on Twitter at @stephaniecollab and send me a tweet. I want to hear from you! Find archives of my articles on www.kindrachukdobson.com.



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