



Quarterly Newsletter

Finding Strength & Connection

As the seasons shift, September invites us to **slow down, reflect, and refocus on what matters most:** our relationships, our well-being, and our inner strength. This month, we explore the challenges of navigating divorce, while also highlighting opportunities for **healing and reconnection** through our upcoming Spark Couples Retreat in Nature.



NATIONAL
**SUICIDE
PREVENTION
MONTH**

Crisis & Emotional Support

- **988 Suicide & Crisis Lifeline:** You can call or text 988 anytime for free and confidential support if you or a loved one is in emotional distress or suicidal crisis.
- **Spanish-language support:** For Spanish speakers, you can call 988 and press 2, or text AYUDA to 988.
- **Veterans Crisis Line:** Veterans can reach a crisis counselor by calling 988 and pressing 1, or by texting 838255.



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Navigating Divorce with Clarity and Compassion

Divorce is one of life's most difficult transitions. It can bring feelings of loss, uncertainty, and overwhelm, not only for couples, but for families and communities as well. Yet, within the challenges, there are also opportunities: opportunities to rediscover your voice, clarify your values, and rebuild your life with compassion toward yourself and those around you.

Our goal this month is to provide guidance and encouragement for those walking this path. With the right support and tools, it is possible to move forward with strength, clarity, and hope for the future.

Strategies to Help Guide the Journey:

Prioritize Self-Care

Divorce can be emotionally draining. Create space for daily practices that restore you, whether it's journaling, walking in nature, or simply taking time to breathe. Caring for yourself allows you to show up more grounded and resilient.

Seek Support Networks

Surround yourself with people who uplift you like friends, family, therapists, or support groups. Having a safe space to share your story and feelings helps reduce isolation and provides strength for the road ahead.

Communicate with Clarity

When children or shared responsibilities are involved, clear and respectful communication is essential. Focus on solutions rather than blame, and consider professional mediation when needed to help create healthier outcomes.

Focus on Growth & Renewal

While divorce is an ending, it is also a beginning. Use this season to reflect on your goals, dreams, and priorities. What kind of life do you want to build moving forward? Taking small, intentional steps toward that vision can spark hope and healing.



The poster for 'Spark! A Couples Retreat in Nature' features a dark, starry night background with lush green foliage, white orchids, and a glowing orange tent. A monarch butterfly is in the top right corner. The 'jade FAMILY THERAPY PRESENTS' logo is at the top center. The word 'Spark!' is written in a large, white, cursive font with a heart-shaped flame above the 'a'. Below it, the text 'A COUPLES RETREAT IN NATURE' and 'FEBRUARY 6-8, 2026 ST. CROIX, VI' is displayed. A red button contains the website 'jedefamilytherapy.com/spark'. On the left, a list of activities is preceded by red checkmarks. In the center, contact information and a QR code are provided. On the right, pricing details for 'EARLY BIRD' and 'STANDARD' rates are listed, along with a 'NON-REFUNDABLE DOWN PAYMENT \$500' note.

jade
FAMILY THERAPY
PRESENTS

Spark!

A COUPLES RETREAT
IN NATURE
FEBRUARY 6-8, 2026
ST. CROIX, VI

jedefamilytherapy.com/spark

- ✓ Couples Therapy
- ✓ Physical Wellness
- ✓ Couples Massage
- ✓ Couples Yoga
- ✓ Financial Wellness
- ✓ Guided Hike
- ✓ Fireside Meditation
- ✓ Spiritual Wellness
- ✓ All Meals
- ✓ And much more

FOR MORE INFO
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SCAN ME

EARLY BIRD
\$1350
PER COUPLE
ENDS 9/30/2025

STANDARD
\$1600
PER COUPLE
ENDS 11/15/2025

NON-REFUNDABLE
DOWN PAYMENT \$500

While divorce is sometimes unavoidable, many couples seek ways to strengthen their relationship before it reaches that point. Investing in communication, trust, and shared experiences can make a powerful difference in preventing disconnection and nurturing long-term growth.

That's why we're introducing Spark: A Couples Retreat in Nature.

Set in a peaceful natural setting, Spark is designed to help couples:

- Reconnect through guided exercises and meaningful conversation
- Strengthen communication and trust
- Explore shared goals in a supportive, distraction-free environment

Whether you are rebuilding after conflict, feeling distant, or simply wanting to deepen your bond, Spark offers a unique opportunity to pause, reflect, and reignite your relationship.

