

RECLAIMING YOU™

A DIVORCE & SEPARATION SUPPORT SEMINAR

*Divorce may be one chapter of your story.
It doesn't have to define the rest of it.*



THERAPIST-LED
Guided by an experienced RMFT



EVIDENCE-BASED
Practical tools grounded in research



SMALL GROUP
A safe, supportive space to heal and grow

Whether you're in the middle of a divorce, recently separated, or years beyond it, Reclaiming You™ offers education, practical tools, guided reflection and connection to support you as you reconnect with yourself, navigate life changes and consider what you want the next chapter of your life to look like.

IN THIS 6-WEEK SEMINAR YOU'LL LEARN HOW TO:

- ✓ Navigate grief and loss
- ✓ Rediscover who you are outside of "we"
- ✓ Explore strategies for strengthening self-worth & self-compassion
- ✓ Manage stress and challenging emotions
- ✓ Adapt to major life changes – finances, home, friendships, routines, community & more
- ✓ Recognize and reframe unhelpful thinking patterns
- ✓ Set healthy boundaries
- ✓ Build supportive connections & community
- ✓ Reconnect with yourself: Rediscover what you enjoy, recognize what you value and appreciate about yourself, and learn to feel more comfortable in your own company
- ✓ Create a meaningful map for your next chapter



LOCATION
Halifax, NS

Central location
with free parking



STARTS
Monday, October 6, 2026

Mondays
6:00 – 8:00 PM
(6 weeks)



INVESTMENT
\$625
Six 2-hour therapist-led,
facilitated seminar sessions
Workbook included
Bi-weekly payment
plan available



EARLY BIRD – SAVE \$50!
Register by
September 14, 2026
\$575
Bi-weekly payment
plan available



Yellowfinch
Counselling & Wellness Inc.

MAXIMUM 12 PARTICIPANTS
A personalized, supportive experience

6 WEEKS • 12 HOURS • SMALL GROUP • THERAPIST-LED

MEET YOUR FACILITATOR

AIMEE POOLE, RMFT

Registered Marriage and Family Therapist

Certified Grief Support Counsellor • Divorce Recovery Coach

Experienced Registered Marriage and Family Therapist, Certified Grief Support Counsellor and Divorce Recovery Coach who brings both professional expertise and personal understanding from having navigated divorce herself.

With over 15 years of facilitation experience, Aimee has led groups and workshops that empower individuals to heal, grow, and create meaningful change.



WHY THIS PROGRAM IS DIFFERENT



THERAPIST-LED
Guided with empathy, experience, and real-life understanding



TRAUMA-INFORMED
A respectful space that honours your healing journey



SMALL GROUP
Connect with others who truly understand what you're going through



PRACTICAL TOOLS
Actionable strategies you can use every week



WORKBOOK INCLUDED
Exercises and reflections to guide your growth



EVIDENCE-BASED
Grounded in proven psychological principles

“Divorce can leave you questioning everything—your identity, your future, and even your confidence. My goal is to help you move from simply surviving to feeling grounded, hopeful, and at peace with the life you are creating.”

WHAT'S INCLUDED

- ✓ Six 2-hour therapist-led, facilitated seminar sessions (12 hours total)
- ✓ Reclaiming You™ participant workbook
- ✓ Evidence-informed education & practical tools
- ✓ Guided reflection and group discussion
- ✓ Complimentary 15-minute pre-registration consultation
- ✓ Access to optional Reclaiming You™ community activities (see below)
- ✓ Invitation to the annual Reclaiming You™ community social event
- ✓ Companion book available for purchase separately



RECLAIMING YOU™ COMMUNITY

Connection doesn't have to end when the seminar does. Graduates are invited to stay connected through optional, participant-organized social activities.

Examples include:



Coffee
Meet-Ups



Walks &
Hikes



Brunch



Local
Events

Weekly activities are volunteer-led and coordinated by participants. All activities are optional and are not therapy or counselling.

BEFORE YOU REGISTER



A complimentary 15-minute consultation is required prior to registration. This brief conversation gives us an opportunity to answer your questions, discuss your goals, and ensure the seminar is the right fit for you.



Yellowfinch
Counselling & Wellness Inc.



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DISCLAIMER: Reclaiming You™ is a psychoeducational support seminar and is not psychotherapy or a substitute for individual mental health treatment. Participation does not establish a therapist relationship, discuss your goals, and individual outcomes cannot be guaranteed.