

HOW TO WIN AT

...

# EMPTY NEST SYNDROME

YOUR KIDS HAVE LEFT HOME - IT'S A UNIQUE TIME.  
A NEW CHAPTER BEGINS FOR YOU ALL.  
HOW DO YOU RECONCILE WHAT HAS BEEN,  
WITH WHAT WILL BE?  
WHO ARE YOU NOW? WHAT DOES YOUR FUTURE HOLD?

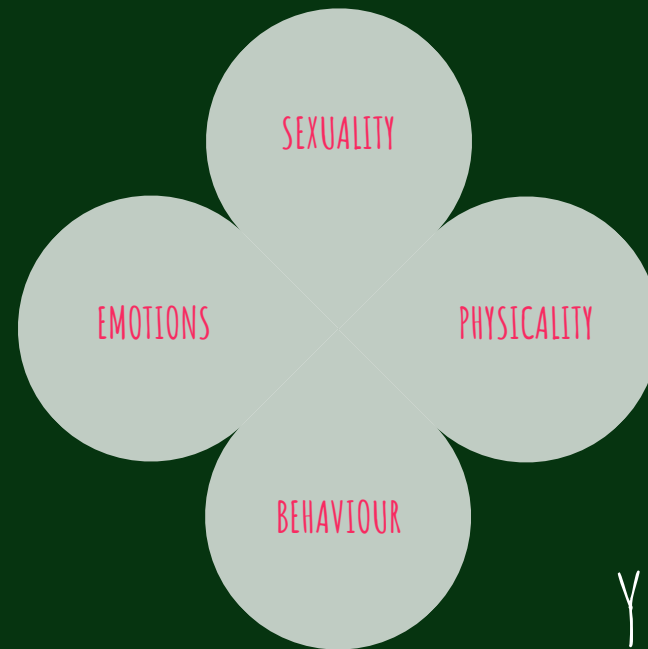
YOUR COUNSELLOR IS A SUPPORT THROUGH  
THE TOUGH TIMES. SHE CAN HELP YOU RE-DISCOVER  
YOUR SELF, YOUR DIRECTION, YOUR PURPOSE.

PROCESS YOUR FEELINGS, UNCOVER YOUR STRENGTHS,  
AND MAP YOUR WAY TO A BRILLIANT FUTURE,

YOU DON'T HAVE TO TACKLE LIFE ALONE.

"MY KID LEFT HOME!"  
HOW ARE YOU DOING?

- Lonely or alone
- regretful
- grieving
- anxious
- depressed
- hopeless
- vulnerable
- inadequate
- useless or redundant
- unfulfilled
- shameful
- restless
- lacking greater purpose or meaning.



- Low confidence
- low self esteem
- poor body image
- low/zero libido
- lack of vitality
- grieving for youth & fertility
- lost identity
- confused over sexuality
- disempowered.

- Insomnia
- tension
- sick in the stomach
- aches & pains
- headaches
- brain fog
- change in weight.

- Change in diet & exercise
- rise in alcohol or other drug use
- withdrawing from others
- procrastinating
- filling the void with unhelpful habits.

YOUR  
COUNSELLOR  
CAN HELP