



PREPARING FOR A DIVORCE

from the marriage. For many, this is a very difficult and uncertain step to take.

Trying to get a clear understanding of what to do with property, parenting, and financial issues may seem onerous. Trying to make those decisions when emotions run high between the parties or when a

There comes a time when it becomes clear that the next step is away

spouse is feeling tremendous sorrow and depression over the relationship loss only further complicates decision-making.

Taking action on getting help is the first step. Emotional self-care is part of that in order to handle the legal responsibilities and stresses one is faced with. Seeking a stable, emotional grounding becomes a priority. There are skilled therapists and counselors that can render aid in these situations. Counseling helps you deal with the loss as well as be in a safe, therapeutic place to talk through your fears and

apprehensions as you move forward on this separation and divorce journey.

It's quite possible that the healthcare coverage available to the family will be a service point for the cost of care.

An experienced family law attorney understands the important role of therapy in providing the service that a client needs in this very challenging stage in their life.



About Arlene:

Engaged for decades in the Northern California legal community, Arlene D. Kock is a past member of the Alameda County Bar Association (ACBA) Board of Directors. She served on their Attorney Referral Panel for many years and was the past chair of their Ethics and Civility Committee. In her capacity on that committee, Arlene was instrumental in assisting the team in preparing and creating the ACBA statement of professionalism and civility, a policy that is expected to be adhered to today by the court and litigants. She is currently a member of the ACBA and the Contra Costa County Bar Association.



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