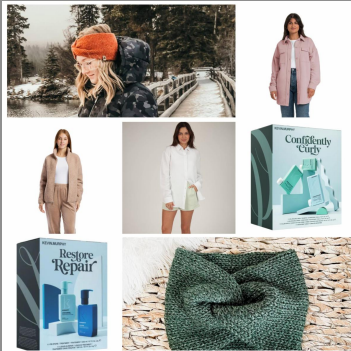




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Warmth and shine are two of the hottest fall and winter hair trends.

Hair accessories such as scrunchies, jaw clips and headbands have made a comeback.

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We've written a blog on all the fall/winter fashion trends!

Read more [here](#)

*****Remember to book your Holiday hair appointments early to guarantee a time is reserved for you!*****

4 Simple Yet Powerful Ways to Show Up for a Friend Going Through Divorce

By Vanessa Gladden

Supporting a friend through divorce can feel tricky, but your support can make a world of difference. Here are four thoughtful ways you can show up for your

friend during this challenging time and what to avoid.

1. Ask: “Is this an ‘I’m so sorry’ moment or a ‘Congratulations’ moment?”

Divorce comes with mixed emotions. For some, it’s an empowered choice, while for others, it’s a devastating surprise. Regardless of the circumstances, divorce always comes at the end of a long period of turmoil. When the marriage is finally over there is an element of being free from something that wasn’t working *and* there is grief.

Before offering condolences or congratulations check in with your friend about where they are at. If the situation is with an acquaintance, say you run into her at the grocery store, a simple, neutral statement like, “I’m sure you’re facing a lot right now. I’ll be thinking of you,” works well.

If you are supporting a closer friend check in every time you talk to her about where she is on the scale between freedom and grief. Emotions fluctuate a lot during this transition time. Taking your cues from her can help her feel supported through all of the ups and downs.

2. Replace an anxious “How are the kids?” with a relaxed “How can I support your family right now?”

Even with the best intentions, asking, “How are the kids?” can feel like a judgment—implying the kids must surely be taking it hard. Trust me, divorced moms have spent many nights worrying about their kids’ well-being, examining their new circumstances from every possible angle and most likely there were sleepless nights wondering “should we stay together for the kids?”

Instead of sympathy for the kids offer the whole family some practical support:

- *“I can carpool on these days for these activities and don’t worry if the days are divided evenly”* This helps the kids lives stay consistent while their parents regroup about how to handle daily activities.
- *“What do I need to know about your parenting setup to make playdates and birthday invitations easy?”* Take out any awkwardness and reassure that their child will still be included.
- *“Feel free to text me if you need a last-minute school pick-up. I’m here for you.”* Stand in as an emergency person for when things come up.

Read more [here](#)

About Vanessa

Hi, I’m Vanessa, a Life Coach and a mom of three who’s been through the ups and downs of divorce. I know firsthand how overwhelming it can be—navigating the fears of parenting, finances, and an uncertain future. But I also know how liberating it is to rebuild a life that truly serves you.

If you’re in the thick of divorce, you’re not alone. Download my **Free Guide, Moving Forward: Navigating 5 Key Life Transitions After Separation**, or **book a free discovery call** to explore how I can support you in creating a life you love.

Free Guide <https://www.vanessagladden.com/free-guide>

Free Discovery Call <https://calendly.com/vanessagladden/30min>

If you love what we do, please write us a Google review
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