



Atlanta Divorce Law Group

April 2017 Newsletter

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Greetings!

Joint Legal and Physical Custody in Georgia



Child custody in Georgia has two components: legal custody and physical custody. The legal custodian is the parent who makes important decisions regarding the child, particularly on the matters of health, education, extracurricular activities, and religion.

After a divorce or legitimation case, the vast majority of parents have joint legal custody. This means that they must discuss all important decisions regarding the child and both parents have the right to get information from teachers, medical providers, etc. Even when the court orders joint legal custody between the parents, one parent is typically designated as having . . . click [HERE](#) to continue reading.

Team 100 Feature: Mindful Family Life



Mindful Family Life is owned and run by Jessi Heneghan, LCSW, RPT-S and Elizabeth Wilder Young, LCSW. They are psychotherapists who work with families to strengthen connections, improve communication, and promote more harmonious family living. Mindfulness practices involves intentional cultivation of awareness, attention, and compassion in order to improve the quality of family connections and relationships.

On April 29th, Mindful Family Life is hosting a Family Mindfulness Retreat from 9:00 am-Noon in Decatur, GA. If you are going through a season of transition that is hard on you and your children, this may be just the answer you need to help you through this time. For more information on cost and location, visit their [website](#).

Attorney's Corner: Happily Ever After Divorce

Interviewer: What does Happily Ever After Divorce mean to you?

Attorney Jeanette Soltys: Happily Ever After Divorce is about approaching the divorce process with the goal of helping get the client to a better place after the divorce than when they first come to our office. Being in a bad marriage is emotionally taxing, and by the time a client gets to the point of dissolving the marriage, they likely have spent a significant amount of time and energy into trying to repair the marriage. I know from personal experience that all of this fruitless effort leads to a place of exhaustion, frustration, and often anger. When a marriage reaches this point, and when



Jeanette Soltys, Esq.

personal happiness is almost nonexistent due to relationship conflict, then divorce is a good thing. While the process is emotional and difficult, once it's over, the client can start fresh and obtain happiness that they likely haven't felt in years. This is Happily Ever After Divorce.

Interviewer: Can you speak to a specific case where you felt you were able to achieve that for your client?

Attorney Jeanette Soltys: I can think of hundreds of cases where this was achieved. Typically, by the time of divorce finalization, the client's reaction is relief with a positive outlook on the future. We work hard to make sure that clients are taken care of and will be okay after the divorce. This often means referring them to a financial planner, therapist, and maybe even a career coach prior to finalization so they can start making a plan to create a more fulfilling life.

Interviewer: What are some steps a client has taken on his own to get this Happily Ever After Divorce?

Attorney Jeanette Soltys: Clients who learn to let go of the past and instead spend time planning for the future have the best outcome. Holding on to anger from the past only poisons our ability to be happy and distracts from taking action to improve our lives. Working with a therapist from the beginning of the divorce process is often immensely helpful.

Interviewer: Let's say you have potential client who has a very volatile situation and is dealing with a lot of emotional turmoil, what would you tell them to help them see they can have their own Happily Ever After Divorce?

Attorney Jeanette Soltys: The more volatile your relationship, the happier you will be after the divorce! These are the clients who need us the most. Life is too short to spend it in a relationship that causes extreme emotional distress. Go to a therapist and find the strength within to leave a terrible situation and find the happiness you deserve.

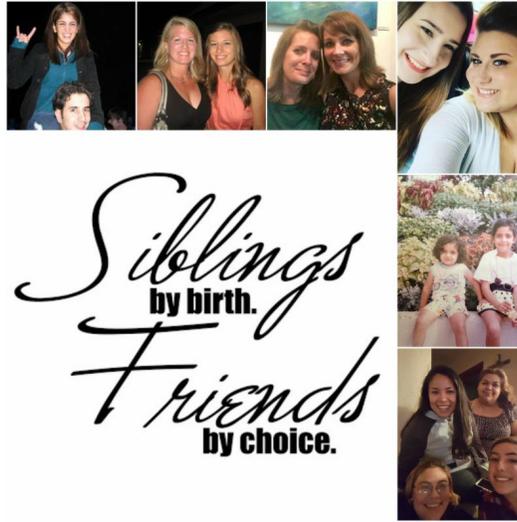
Interviewer: Lastly, what's one tip you would give that client to help them persevere through the long road ahead?

Attorney Jeanette Soltys: Don't get bogged down by the immediate situation and instead focus on the end game - finally being happy. Really spend time planning for your life after divorce. What would make you happy? Maybe you would like to downsize to a low maintenance condo in a trendier part of town. Maybe you want to start focusing on yourself for a change and have a new commitment to health and fitness. Perhaps volunteer work makes you feel fulfilled, and you can get involved in a service organization. Often when we are in a bad marriage, our entire focus is on that issue. As a result, we aren't giving any thought to what we need in our life for our own personal fulfillment. Spend a lot of time thinking about the life that you want to create and take action.

National Siblings Day

Did you know April 10 was National Siblings Day? Family is so important. They laugh with you and cry with you. They love you and support you through the good times and the bad. With them, our life is a little bit more complete.

[ADLG Team With Their Siblings](#)



Administrative Announcements:

Happy Birthday Jeanette!



Happy Birthday to our very own Jeanette Soltys! We wish you the best and hope to spend many more with you.



Welcome Ena Salazar!

Paralegal



We're excited to announce that we have hired a full time paralegal, Ena Salazar.

Ena has many years of experience as a paralegal and much of that time has been spent in Family Law. If you have questions or concerns about your case, you can call or email Ena for assistance.

We are very excited to have her join our team. Welcome Ena!

Tip Of The Month!

It's spring, and with spring, comes allergies. It's important to communicate as you co-parent to ensure that your children's allergies are being treated appropriately as they transition from one household to another.



Calendar of Events

April 2017

- 4/3-4/7: Fulton County Spring Break
- 4/13: Mediation; Alpharetta, GA
- 4/14: Trial Calendar Call; Fulton County
- 4/17: Trial; Fulton County
- 4/26: Status Conference; Atlanta, GA



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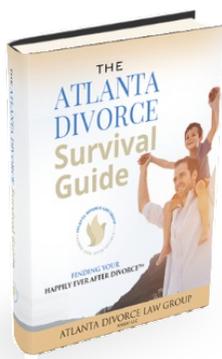
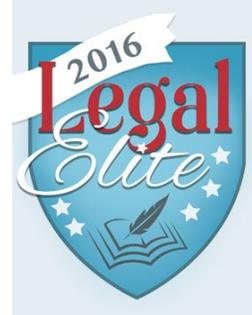
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