



May 2022



AtlantaDivorceLawGroup.com
678-203-9893

TOP RATED LAWYERS



AV
PREEMINENT™
Superior Client Satisfaction



Super
Lawyers™



State Bar
of Georgia



Feeling Down About Mother's Day? Try This!

Mother's Day and Father's Day are two of the toughest holidays for freshly divorced parents. When you have a partner, you don't think about how much behind-the-scenes effort goes into planning those special days. But when you're alone, you realize just how much will go undone: There's no one else to plan that breakfast in bed, watch the kids on your fishing trip, or help them pick out a present just for you. It's tough!

If this month will be your first Mother's Day as a single mom, it's okay to feel a little sad or disappointed. But don't give into the temptation to skip Mother's Day altogether. In my years of working with divorced parents, I've discovered a way to turn a potentially sad Mother's Day into a fun family adventure: *By making it all about the kids.*

Mother's Day is an opportunity to teach your children how to give, make plans, and make another person feel special. This is a valuable lesson, and you can make it fun! One of the easiest ways to do that is with a Mother's Day Scavenger Hunt.

THE 3-STEP MOTHER'S DAY SCAVENGER HUNT

1. On Mother's Day, explain to the kids that this is a day to celebrate moms like you.
2. Take them to a general store like Target and give them a budget, then invite them each to pick out a small gift or two for you.
3. Afterward, ask the kids, "What else would you like to do to celebrate me today?" You might be surprised by their ideas!

Sure, you won't be swept off your feet by a Mother's Day surprise, but you'll still get the opportunity to experience the love, creativity, and imagination of your children. You'll also get to teach them how to be givers. For more of a surprise, you can set up a scavenger hunt with a willing grandparent, other family member, or



"Sure, you won't be swept off your feet by a Mother's Day surprise, but you'll still get the opportunity to experience the love, creativity, and imagination of your children."

even friends. Give them a few dollars, explain the scavenger hunt concept, and invite them to let the kids have fun.

I promise you'll still receive a meaningful gift from your children, even if it comes from the dollar store. My kids have gotten me Barbie jewelry and stuffed animals for Mother's Day — things that are completely from their world — and it's honestly so sweet and special because of the joy they get from giving. Right now, I'm the proud owner of several pieces of jewelry designed for little girls; my 5-year-old, Hanna, gave these to me, and I wouldn't have it any other way.

I hope these strategies will help you during this time. (Dads, you can use these same tactics next month on Father's Day!) If you're struggling emotionally during these parent holidays, remember that you can turn to your ADLG community for help. Check Pg. 2 for the date of this month's support group, where you can meet parents just like you.

-Sara Khaki

GET HELP DIVORCING A NARCISSIST

Attend These Virtual Events

Our complimentary divorce support groups and seminars are available online! Register for these upcoming events to gain knowledge, resources, and emotional support that will help you feel empowered while you go through major life changes.

DIVORCING A NARCISSIST (COMPLIMENTARY WEBINAR)

When: Tuesday, May 10, at 6:30 p.m.

Register: AtlantaDivorceLawGroup.com/webinars/divorcing-a-narcissist

Divorce is always difficult, but if your partner has a narcissistic personality the process can be much worse. Because of their feelings of superiority, sense of entitlement, and lack of consideration for your emotions, the usual tips for communication and negotiation during divorce may not work!

Fortunately, our team here at ADLG has years of experience helping people with narcissistic partners identify whether divorce is the right option for them, and follow through if it is. In our upcoming webinar, we'll share what to expect when divorcing a narcissist and how to get ready for the backlash. With our support, you can make it through. Visit the web address above to sign up for the free virtual event.



HAPPILY EVER AFTER DIVORCE SUPPORT GROUP MEETING (VIRTUAL SUPPORT GROUP)

When: Thursday, May 12, at 6:30 p.m.

Register: AtlantaDivorceLawGroup.com/happily-ever-after-divorce-support-group

Whether you're divorcing a narcissist or someone without a personality disorder, it can be extremely helpful to talk to peers about your experience. At our monthly Happily Ever After Divorce Support Group, you can do just that! The group is a great outlet to work through your emotions and learn how to move past unanswered questions about your divorce.

In addition to meeting peers, you'll have access to the wisdom of Kathleen Shack, the group moderator and discussion leader. Kathleen is a licensed marriage and family therapist who runs her own company, Family Solutions Counseling, LLC. To learn more about her and sign up for this month's meeting, visit the web address above!

Here at ADLG, we're not letting COVID-19 slow us down. Sign up for these virtual events to get the information and support you need without leaving home.

Time to Be a Movie Critic! 3 Motion Pictures Inspired by Books

We've all heard the saying, "The book is way better than the movie or TV show." Movies and TV shows provide you with a great visual representation of the characters and storyline. The films are equally as good as their respective books in their own right. Here are a few films inspired by books that you should check out.

'THE SHINING' 3-PART MINISERIES

This is one of Stephen King's most famous novels. There is even a much-acclaimed 1980 movie based on the book. But did you know that Stephen King directed and produced his own miniseries? The three one-hour episodes follow the book precisely and provide more information on the characters. Spoiler alert: There are no twins or garden maze in this series, but there are moving topiary hedges!

'THE ULTIMATE EVIL: THE SEARCH FOR THE SONS OF SAM'

There are a lot of conspiracy theories about the Son of Sam and his crimes. Some have argued that David Berkowitz didn't commit these crimes alone — and they have evidence to prove it. Follow along with journalist Maury Terry as he makes his way down the rabbit holes of this case. There is more to this crime than what appeared in the media, such as cult practices and ties to other cases like Charles Manson and his family.

'LOOKING FOR ALASKA'

John Green has captured the hearts of millions of readers across the world, and now there is a movie inspired by his first novel, "Looking for Alaska." This coming-of-age story follows a teenage boy as he searches for the meaning of life. Then, a sudden tragedy strikes, and the boy and his friends must come to terms with the event. The movie shows the emotion, grief, and love the boy deals with on his journey. Pull out your tissues for this film; it's sure to be a tear-jerker.

You don't need to read the books first in order to watch the TV show or movie — these films can stand on their own. These are only a few of the many movies and TV shows that are based on bestselling books. Now it's time for you to be the judge and determine if the books are, in fact, better than their films.



Picking the Perfect Souvenir

A way to preserve or share a piece of your trip is to bring home a souvenir, but choosing a souvenir isn't always a stress-free experience. How do you pick the perfect souvenir and not just the first thing you see in a tourist shop? Here are some tips for picking a truly meaningful gift for yourself or your loved ones.

WHO ARE YOU BUYING FOR?

What are your recipient's interests, or what do they spend the most time doing? If you're buying for yourself and enjoy coffee, you might buy a local coffee blend to enjoy from home. However, if your recipient doesn't enjoy coffee or rarely drinks it, that type of gift might not mean much to them.

IS IT LEGAL TO BRING HOME?

Whether you're traveling domestically or internationally, there are many regulations that affect which souvenirs you can bring home. Even if you find the item in a tourist shop, that doesn't mean it'll be allowed into the country or even onto the plane. And the TSA does take this seriously. In 2012, two tourists were detained at the U.S. border

for trying to bring home chocolate Kinder eggs — a specific kind that are illegal in the U.S. due to the potentially hazardous small toys inside.

PURCHASE A HANDICRAFT.

Handicrafts — items created by local artisans — are awesome souvenirs! But make sure you buy where artisans actually sell their own goods, such as an open-air market. Unfortunately, while some popular tourist shops may sell "locally made goods," many souvenirs intended for tourists are actually made by cheap manufacturers in other countries.

KEEP SOMETHING FROM THE ADVENTURE.

Bringing a glass bottle to take home some sand is a popular way of creating your own souvenir from a beach vacation. But you can do this with almost any item! Whether it's stones, ticket stubs from favorite shows and activities, or a handmade item from a class, make sure to look out for souvenirs that'll remind you of great memories and experiences.

We hope these tips will help you make the best choice. Bon voyage!



What Our Clients Are Saying!

"I can't express how grateful I was to be in the hands of the Atlanta Divorce Law Group. In one of the hardest and most emotionally draining times in my life, I felt so taken care of and tended to. I was so nervous to go through this process, having never hired a lawyer before and being in such a vulnerable state. I can't thank Stephanie and Allen enough for their endless support and patience with me."

—Samantha B.

Concierge Partner's Corner



Career Coach Jazmin Addy

Are you feeling the itch to reinvent yourself, right down to changing or growing your career? If so, career coach Jazmin Addy can help you find the right path.

Jazmin is the founder of Proximity Partners, a professional development, recruiting, and human resources (HR) company. She and her team help businesses grow and thrive — which is a fantastic service if you're an entrepreneur — but they also offer one-on-one mentorship for individuals.

Maybe you were a stay-at-home parent before your divorce, and you're not sure how to rejoin the workforce. Or maybe you were trapped in a job you hated because it was the only way to pay your spouse's bills. Now is the time to reinvent yourself and find a satisfying, exciting career path that will support your family without draining your energy!

Jazmin can help make that happen. She worked in staffing and recruiting for years before opening Proximity Partners in 2018. Now, her company's "Momentum to Milestones" program helps people like you move up in their careers and develop long-term plans to find professional success.

Ready to create and crush your goals? Visit ProximityRecruiting.com/contact and select "career consulting" to connect with Jazmin.

Turn Your Rainy Day Around — With a Fort!

3 TRANSFORMATIVE BLANKET FORT TIPS

April showers are supposed to bring May flowers, but when the rain keeps pouring, there's only one thing for a family to do: Build a blanket fort!

Blanket forts have been a low-cost, low-tech form of entertainment for centuries, and over that time, generations of enthusiasts have perfected them. Use these tips to transform your next rainy day into a family adventure:

1. Build heaviest to lightest. Once you've gathered your materials — including blankets, sheets, pillows, binder clips, and movable furniture — it's time to build. Start "heavy" with the largest piece of furniture, like a couch or table. That will be the anchor of your fort.

From there, arrange the other furniture in a circle around the anchor and drape it with blankets. Use heavier blankets for the walls and the lightest sheets for your roof to avoid a collapse. Use the binder clips to hold the sheets and blankets together!

2. Light it up. Light is crucial for you to do activities in your fort! Dig out your holiday string lights if you have them or bring a lamp or two into the space. You can also use flashlights and even glow sticks to make things especially fun!

3. Pick a theme — and a name. Is your fort in the jungle? On a beach? In the woods? Pick a theme and decorate accordingly! You can bring in beach towels and toys or cut leaves and trees out of construction paper. Don't forget to name your fort, too. The more creative you get, the better.

So, now you have your fort — what should you do in it? We're glad you asked! The answers are almost unlimited, but here are a few favorites:

- Drink hot chocolate
- Tell ghost stories
- Read (out loud or separately!)
- Do a puzzle
- Play a board game/card game
- Pretend you're on an adventure in another country
- Make a craft project
- Have a family jam session (if you're all musical)
- Eat your favorite snack
- Snuggle
- "Camp" overnight
- Perform a shadow puppet show



Wait ... Madonna Adopted 4 Kids? 5 LESSER-KNOWN CELEBRITY ADOPTIONS

By now, most Americans know the story of Brad Pitt and Angelina Jolie's big family — including three adopted children and three biological ones — but they're far from the only celebrities who have brought adopted children into their lives! Here are five others who don't make the news nearly as often.

Sandra Bullock adopted her young kids, Louis and Laila, in 2010 and 2015 respectively. According to Entertainment Tonight, Laila was adopted out of foster care at the age of 3.

Viola Davis adopted her daughter, Genesis, when she was a baby in 2011. In 2017 the actress told InStyle, "I always tell Genesis she was born from my heart, not my belly."

Tom Cruise and his then-wife, Nicole Kidman, adopted two children together: Isabella and Connor. Best Life reports both kids moved in with Cruise after the divorce and are now grown adults! According to StyleCaster, as of last year, Connor was a Florida-based DJ and Isabella a London-based artist.

Katherine Heigl has two adopted daughters: Nancy and Adelaide. Nancy was adopted from South Korea, while Adelaide was born in the U.S. According to Best Life, Heigl chose to adopt from South Korea because her own sister was born there and then adopted.

Madonna has four adopted children as well as two biological ones! Her son (David) and daughters (Mercy, Estere, and Stella) were all adopted from Malawi.

Adoption should be celebrated, and National Birth Mother's Day on May 7 is a great reminder of that. This month, kids all over the country will celebrate adopted mothers on Mother's Day — like the celebrities listed above — and the women who gave birth to them on Birth Mother's Day.

There are more adopted kids out there than many people think. According to the Adoption Network, American families grow by 140,000 adopted children every year. Here at ADLG, one of our passions is making that possible.

If you're considering growing your family or adopting your stepchildren, we can help with the legal red tape. Visit AtlantaDivorceLawGroup.com/Alpharetta-Adoption-Lawyer to learn more about our adoption services.

