

Transition into Your New Normal – On Fire To Inspire PodCast

Listen to the podcast that A2C's therapists Patricia Timerman and Jeanevra Pearson did with [Aleigha Butler](#) on her platform On Fire to Inspire.

This podcast discusses people's transitions into their new normal, such as separation, divorce, domestic violence survivorship, moving to a new country, becoming a parent..... and how these transitions impact who we are and who we become. In this podcast we also provide coping skills that can help people navigate through such changes.

You can listen to the podcast by clicking on the link below:

[On Fire to Inspire – Transition into Your New Normal](#)

