



Empty Nest Life Beyond Parenting: One Day Gathering

Santa Monica, CA

October 14, 2017

Whether your adult children are going off to school or living at home while moving on to the next stage of their life, you feel the joy and the change.

Please join me, Natalie Caine, M.A., facilitator, and other parents, who are on the way or already at this life transition.

DURING THE DAY, OUR TIME TOGETHER WILL INCLUDE NATALIE PRESENTING AND OPENING DISCUSSIONS ABOUT:

1. What is reality and what is fantasy when it comes to communicating with my adult children? What is my new role?
2. What needs attention and healing with me, as well as, with the people in my life?
3. What forms of expression and creativity have been just out of reach?
4. Always time for questions and answers and sharing. We are building a community since the school days of seeing each other have ended.

I have surprisingly discovered from speaking with thousands of parents across the globe, as well as being one, that this stage of life is not a time to simply fill in the gap, stay busy, or continue to do just what you are good at.

I see where it could be an important time to grieve and put your attention on growing you. Each of us has a unique story and whether married or solo, you wonder, **NOW WHAT?**

I re-invented my career ten years ago when I was headed towards the empty nest stage of life. I searched for support groups and nothing existed. I felt there had to be others walking new questions and dropping tears unexpectedly.

First, I began with seven mothers in my living room when my daughter was a senior in high school. It was the mothers who said, *"You have to help other parents cross this threshold. No one wants to go through it alone."*

I am grateful for them. I built a website and opened my doors to help parents celebrate and journey this milestone.

Natalie Caine, M.A. re-invented her career to fit a new passion—helping people travel their road of change. She has shared wisdom, tips, and comfort with thousands of people across the globe.

Natalie has been a top speaker at resorts and spas like Rancho La Puerta, The Golden Door, Cal A Vie, etc., as well as conferences, private, and corporate settings. She works one on one and mentors.

Natalie has also been featured in *Time Magazine, USA Today, Huffington Post, Maria Shriver.com, Better Homes and Gardens, N. Y. Times, L.A. Times, Washington Post, Lifetime Radio for Women, Chicago Tribune, Miami Herald* and more. She is a contributing writer for *The Wall Street Journal*.

LOGISTICS

WHERE: Santa Monica, TBA

WHEN: SATURDAY, OCTOBER 14th, 2017. Saturday, 9:00am to 2:00pm.

We will have lunch, all together, in the same location we are gathering for the workshop. Please let us know any allergies to foods.

FEE: \$135.00 lunch and materials provided. To secure your spot, make the check payable to Natalie Caine and mail to: 10061 Riverside Dr., Suite 1002, Toluca Lake, CA 91602

For more information, email or call Natalie Caine at Empty Nest Support Services, Los Angeles, CA

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