

Branching Out

Providing support and encouragement through the joys and challenges of this transition.

SUMMER IS FUN IN THE SUN TIME

Make Time for You to Play Outside

1. Bike, rollerblade, kayak, swim, hike, tennis, go carts, fishing, car races, horse races, jazz on the lawn, kites, sailing, surfing, skipping rocks in the lake.
2. Pot luck picnics, bbq's from house to house...I will do the appetizers, drinks and then walk to my neighbors for the entrée. If you don't know your neighbors, then just have a friend over for starters in your back yard and head out to a restaurant for dinner that you might walk to.
3. Try the arts this summer...my friend is making plates, another is taking tango lessons, making furniture with power tools, and one is braving flying lessons. **Dream Big!**
4. Did you know Matisse worked until age 85 and actually sat and did cut and paste, keeping it simple and yet creative.

IF LIFE WERE GOOD, WHAT WOULD YOU BE TALKING ABOUT AND DOING?

WORK YOUR MAGIC THIS SUMMER......if you raised kids, believe me, you have magic powers that got you beyond the call of duty.

Wishing you fun in the sun and new playmates!

Being an empty nester and receiving so many heartfelt calls and emails from parents on the way to the empty

nest and already sitting in it, I hope you get support during this challenging and joyous life transition.

I don't believe anyone needs to go through the journey alone. Let me know what you need.

TIPS:

Allison's tip for making new friends: I called Learning Annex and signed up for volleyball. I met new friends and got more energy.

STORIES

People love reading your stories of anticipating the empty nest and sitting in it. They always say, "oh I am not going crazy. I am just sad and lonely. I had no idea this would hit me so hard. I have always had great coping skills, but not today. How long does the pain last?"

–Email me your story; natalie@emptynestsupport.com

–Email me your tips. I will include them in the next newsletter; natalie@emptynestsupport.com

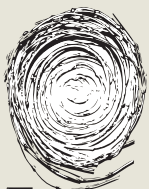
SUPPORT GROUPS

If you are interested in a support group in your area, email me; natalie@emptynestsupport.com

Branching out to you,
Natalie

"Look at a day when you are supremely satisfied at the end. It's not a day when you lounge around doing nothing; it's when you had everything to do, and you've done it."

--Margaret Thatcher



**Empty
nest**
Support Services

*Individual Consultations • Phone Consultations
Support Groups • Speaker Engagements*

P.O. Box 11684 • Ventura Blvd., Suite 960 • Studio City, CA 91604
(800) 446-3310 toll-free • (818) 763-0188 local • (818) 763-1743 fax
nataliecaine@earthlink.net • www.emptynestsupport.com