

ELLEN OSTMAN JOINS GIVENS LAW GROUP

We are pleased to welcome Ellen Ostman to our firm! She joins us as a Senior Attorney and brings with her over 30 years of legal experience in the field of family law. Ellen is a former hearing officer enforcing delinquent child support. She also was a traffic magistrate and was a sole practitioner for over 25 years.

She is a published author of the book "Dear Client" A Complete Handbook for Understanding and Surviving Your Legal Divorce Process (Axelrod 1996) and co-authored legislation titled Injunctions for Protection which led to Florida being the second state to pass legislation prohibiting domestic violence.

Ellen is a former member of the Board of Directors of The Spring, a shelter for abused women and children. She has been board certified by the Florida Supreme Court for over 20 years and has been selected as a "Super Lawyer" since 2008.

Givens Law Group is enriched by her expertise and devotion to the field of family law.

QUESTIONS SOMEONE MAY ASK YOU ABOUT DIVORCE:

Should I see a therapist while I am going through my divorce?

A question we typically ask our clients at the initial consultation is, "Are you seeing someone for individual counseling?" If the answer is, "No", then we talk about the benefits of doing that.

As anyone who has been through it can tell you, divorce is a stressful, life-changing process. Think about it, you are dividing all of your worldly possessions and beginning a new and different relationship with your children. Life doesn't get any more stressful than that!

Even folks who come to us having worked out all of the legal details of how to divide property and how to create a plan to care for their children have been through the devastating process of ending a relationship that they thought at one point would last forever.

If your marriage is at a place where you are even thinking of consulting a divorce attorney, you should be talking to someone about the emotional changes in your life. Obviously the best choice is an experienced mental health professional. If you don't know one, your lawyer can recommend someone. If you cannot afford one, you may look to a religious institution or other social service agency for free or financially assisted support. If you don't want to do that, have some deep conversations with a personal friend or a brother or sister.

Bottom line: A marriage breakup is hard on you. You don't have to go through it alone.

Newsletter

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Givens Law Group



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[Read more about Garrett Riley](#)

THANKS!

We are all extremely grateful for the referrals we have received from former clients, fellow lawyers, mental health professionals and others in our community. There is nothing more professionally humbling than knowing that people are counting on us in their life-changing family law problems.

If you ever decide that one more piece of e-mail is too much, feel free to "unsubscribe" to this newsletter at any time. We look forward to working with you to make things easier for those people you know who are having family issues and we look forward to helping you in any way we can to make your life easier.



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