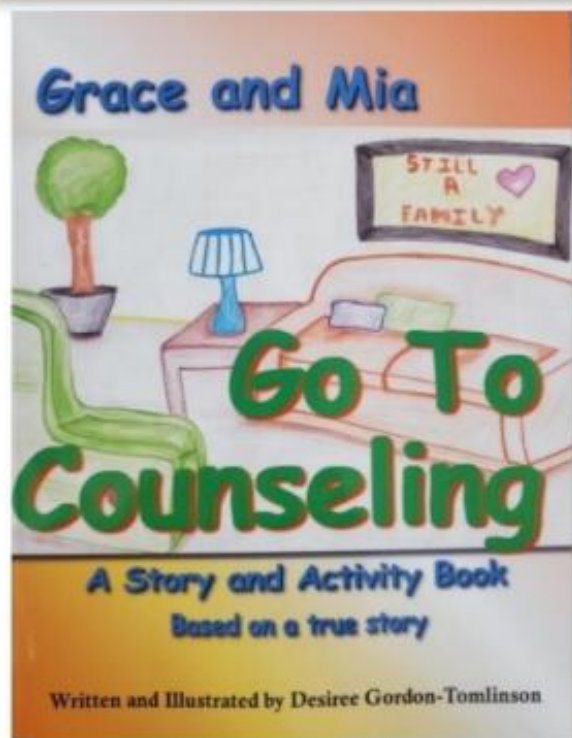


Grace and Mia Go To Counseling: A Story and Activity Book



ISBN: 978-0-578-21600-3

Category: Children/Divorce/Counseling

Publisher: Sunshine Press

Format: Paperback; 40 pages

Trim: 8.5 x 11

Ages: 4-12 (helpful for adults, too)

Price: \$15.00

Author Resides: Columbia, SC

Publication Date: December 2019

Available: www.graceandmia.com

“This book gives the silent victims of divorces and family breakups – children, a voice. It’s therapy in a book.” - Desiree

Is your child emotionally struggling with a divorce or family breakup? Without proper counseling, the effects of a divorce can follow children into their adulthood and have a negative affect on their future relationships.

Statistically, approximately 45% of marriages in the United States, end in divorce. *Grace and Mia Go To Counseling: A Story and Activity Book* is a phenomenal tool for children and families, navigating through a divorce or family breakup (not all parents get married). Desiree Gordon-Tomlinson used her very own personal experience with a divorce to write, illustrate and self-publish this children’s book. She wants to encourage parents to take their children to counseling, court ordered or not, while moving forward through a divorce or family breakup. The interactive activities include, contracts for children and parents to sign, to encourage positive behavior; a page for a child to write his or her feelings; pages for drawing or pasting family pictures, and a questionnaire to create a dialogue between a child and his or her parents, or counselor.

Grace and Mia are sisters, struggling with the fact that they are missing Daddy, who lives hundreds of miles away. Mommy takes the girls to see her counselor, Mr. Martinez, because he has been able to help her navigate through the divorce process in a positive manner. The girls are hesitant in the beginning, but soon learn that counseling is helpful and fun. The book is based on a true story and is the sequel to *Still A Family: A Story and Activity Book*.

Desiree wants to help break the stigma within children and adults, that going to counseling makes a person weak – no, counseling STRENGTHENS you. She enjoys writing and especially, using her personal experiences with a divorce, to help other families better navigate through a divorce. The third book in this series is, *The BIG Day*, which discovers the emotions Grace, Mia, and Mommy are feeling, as the BIG day arrives, and the divorce is finalized in court. Desiree loves illustrating her books, as it is therapy for herself and she’s very excited about her Grace and Mia series, which will also include children’s books about Mommy going on a date, bullying, and depression. Stay tuned for other helpful, heartfelt stories by this author.

Desiree was born and raised in rural Hemingway, SC and is a retired Army veteran, single mom of two daughters, author, illustrator, self-publisher, adjunct professor at Midlands Technical College, entrepreneur, motivational speaker, and Webster University Alumni Chapter President. She holds three degrees: Management and Leadership and Human Resources Development (MAs, 2015, 2018), Webster University, and Public Relations (BS, 2013), Bowie State University. In addition to writing, illustrating and publishing books, Desiree enjoys teaching, travelling, interior decorating, and cooking. Her goal is to write, illustrate and publish more books to help children and parents, better cope with difficult or life-changing events, in a positive manner. Follow her on Facebook and Instagram @Author Desiree Gordon-Tomlinson.

