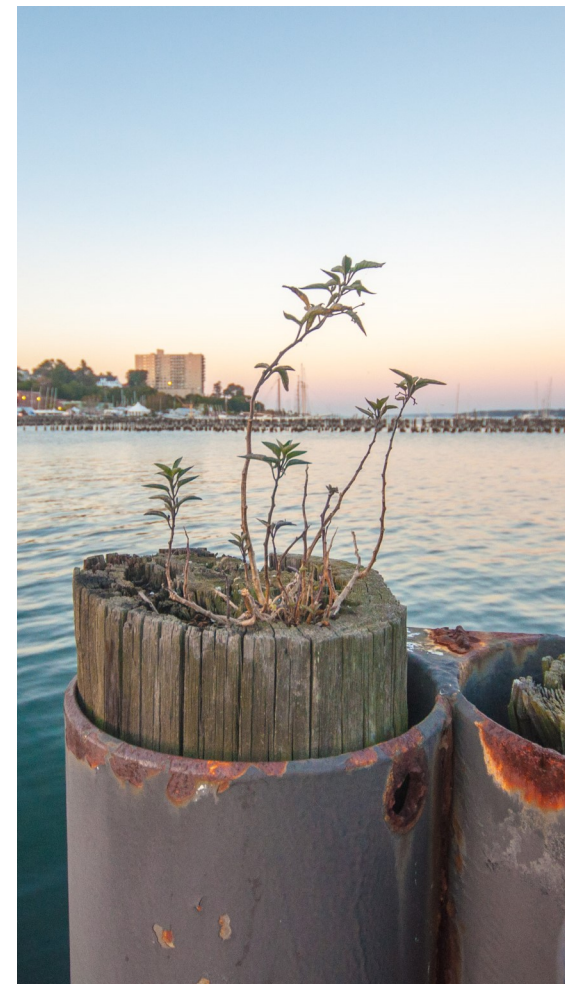




PLACE
STAMP
HERE

“Erin is intuitive, articulate and astute. With Erin, you feel heard. She works with you to develop quick solutions. She delivers her message clearly, with ease and humor. You will walk away lighter, knowing you have a plan with a relationship expert on your side.” - Lynn, LCSW

Local Flames/Erin Oldham, Ph.D.
95 High St., 2nd Floor
Portland, Maine 04101



DIVORCE CONSULTANT & RELATIONSHIP COACH

Erin Oldham, Ph.D.



Divorced? **What Now?** Get some tools you can use.

Divorce is a tumultuous time. That time of adjustment lasts much longer than we think, from challenges in the relationship, through separation and divorce and then the two year post-divorce period. **I help people before, during and after their divorce.** We can develop strategies for:

- Moving through your divorce.
- Talking to your children about divorce, dating, and new relationships
- Strengthening your relationship with your ex
- Coping with your new financial reality
- Co-parenting tips so your children feel safe
- Successful step-parenting
- Successful online and offline dating, and relationship building

"Your coaching was invaluable in reframing the conversation with my ex, allowing us to bring more empathy and compassion to our conversation. It's a comfort knowing you have my back when I need it."

In a New Relationship? **Make sure it lasts.**

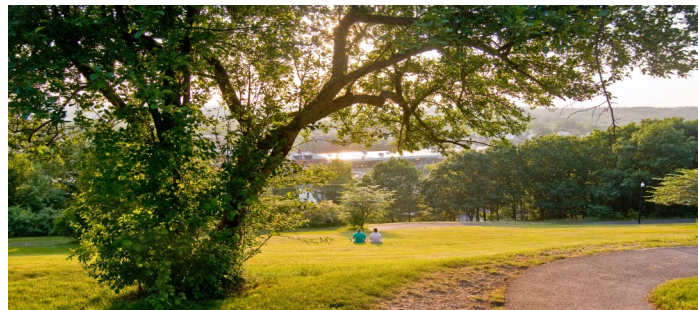
I work with individuals that are ready to form healthy relationships. I help people that have never been married, are divorced, have lost their spouse or are wanting to check in on an existing relationship. We can work together on:

- Strengthening relationship skills
- Re-entering the dating world, safely and successfully
- Recognizing barriers and breakthroughs to relationships
- Giving research-based, practical, action-oriented guidance

What Really Works?

Erin connects over 800 individuals to the latest research on relationships through her newsletter. She has written articles for Maine Women, Essential Living Maine and been invited to host a Maine Calling show on MPBN. Sign up for the newsletter at localflamesmaine.com.

She offers workshops too. Find details at www.localflamesmaine.com/workshops/



Erin's consultation is not intended to replace psychological therapy or provide legal advice but to complement those services with specific advice grounded in Erin's 25 years of experience.

Erin Oldham, Ph.D.

Erin has a Ph.D. in psychology specializing in child development. She has spent 25 years researching how children and adults form secure attachments and healthy relationships.

She has researched in the fields of child well-being, parenting, early childhood education, primary/secondary education, children with special needs, mental health and domestic violence.

My Approach

I am your personal consultant. I am between a therapist and a lawyer. I listen like a therapist and act as your advocate. I can help you file papers, develop a mediation plan, craft language to talk to your children, give step-parenting guidance or help build your online profile. **Anything you need.**

My Story

I came to divorce and relationship consultation through my own experiences. While I have the research knowledge on relationships, I have also personally navigated marriage and divorce, built healthy adult relationships and raised three resilient and adaptable teenagers.

Contact Me

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