



Listening Sessions



Foundations Family Law clients are invited to book listening sessions through The Unmuted Room (formerly Seacoast Listening Lounge), payable from your retainer. With two distinct types, these sessions are designed to complement attorney consultations while giving you space to be heard.

TRADITIONAL LISTENING SESSION

Talk, be heard, feel supported — no judgment, no advice.

- ✓ Calm, grounding, and confidential
- ✓ Helps you process stress and gain clarity
- ✓ Available virtually or in-person

VERBAL SMASH SESSION

Your safe space to vent, release, and reset.

- ★ Raw, unfiltered, and empowering
- ★ Perfect for releasing anger, frustration, or grief
- ★ Available virtually or in-person

Book a discovery call with FFL to unlock this perk

