

Rebuilding after Separation and Divorce

Designed for people who want to move on after a separation or divorce and who want to find out how to turn the pain of separation into the start of a new life.

This eight week course helps participants explore the steps to heal and rebuild after a relationship breakdown.

Topics we will cover include:

- Relationship breakdown process, stages of grief, rebuilding blocks
- Denial and Fear: the tool for change, the Change Triangle
- Family of origin influences and adaptive behaviours and expectations
- Challenges of loneliness and new friendships
- Feelings of guilt/rejection and anger
- Self-esteem, goal-setting and trust
- Transition stages

The course is based on the book "Rebuilding When Your Relationship Ends"
By Dr. Bruce Fisher.

Where: WEST LEEDERVILLE - Level 1, 22 Southport Street

When: Thursday 11 18 25 February 4 11 18 25 March 1 April 2021

Time: 6.30pm - 9.00pm

Cost: \$130 per person

Bookings are required. Please phone 6164 0200 to enrol

For more information about our courses and workshops, please click [here](#) or visit www.relationshipswa.org.au