

Rebuilding after Separation and Divorce

West Leederville

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. A copy of the book is included with the course.

When: Thursday 21 28 July 4 11 18 25 August 1 8 September 2022

Time: 6.30pm – 9.00pm

Where: WEST LEEDERVILLE – Level 1, 22 Southport St

Cost: \$170 per person (includes book)

Bookings are required. Please phone 6164 0200 or visit our website to enrol.

For information about our courses and workshops, please call 6164 0200 or visit www.relationshipswa.org.au

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