

# 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:** Tuesday 6, 13, 20, 27 February, 5, 12, 19 and 26 March 2023

**Time:** 6.30pm – 9.00pm

**Where:** WEST LEEDERVILLE – Level 1, 22 Southport St

**Cost:** \$170 per person (includes book), \$95 concession



For information about our courses and workshops please call 6164 0200 or visit [www.relationshipswa.org.au](http://www.relationshipswa.org.au)

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