

# 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

Note: The course is based on the book “Rebuilding When Your Relationship Ends” By Dr. Bruce Fisher. As such, participants are required to source their own copy of this book/audio book.

**When:** Tuesdays 11 18 25 February 4 11 18 25 March 1 April 2025

**Time:** 6.30pm – 9.00pm

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

**Cost:** \$150 per person \$75 concession



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

*Relationships Australia*  
WESTERN AUSTRALIA