

# Separation and Divorce: What Now?

## West Leederville



This one-night workshop offers a quick introduction to rebuilding yourself after a divorce or separation which takes much longer than one session. The crisis of separation of a primary love relationship means you often feel very alone.

One of the biggest discoveries with our one-night session is the opportunity to meet others going through a similar process.

We touch on topics including:

- Looking to the past to understand the future, and understanding the relationship breakdown process to work out 'where to from here' which may be different for everyone.
- Emotional overwhelm – grieving after the crisis of divorce or relationship breakdown and difficult emotions.
- Moving on and focusing on skills for healing.

**When:** Tuesday 26 November 2024

**Time:** 6.30pm to 9.00pm

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

**Cost:** \$30 per person, \$15 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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