

**STARTING FRIDAY 1st MAY FOR 8 WEEKS**

***FREE COURSE!!!***



# Rebuilding After Separation

## What is it?

*An eight session program assisting people to help rebuild their lives after separation or divorce.*

## What will I gain?

*This program assists participants to:*

- deal with the end of the relationship
- meet others dealing with a similar situation
- manage the difficult feelings associated with relationship breakdown
- turn the difficult feelings into tools for positive change
- know where to from here and how to get there

## Program outline:

Session 1

### **Understanding Separation/Divorce**

Stages of relationship breakdown, overview of program and how it works to assist individual participants with differing needs and expectations.

Session 2

### **Beginning the Journey**

Reflect on individual situations and participants set goals for what they want to get out of the program.

Session 3

### **Where I am Now**

Understanding the emotions associated with relationship breakdown, the impact they have on daily life and ways to manage the changes.

Session 4

### **Becoming Aware**

Deepening the understanding of each participant's circumstances, emotional responses and behaviours. Develop strategies to assist in moving forward.

Session 5

### **Making Changes**

Understanding the ways past relationships affect present behaviours and set individual goals to change these patterns.

Session 6

### **Accepting Who I Am**

The critical importance of having a positive view of oneself, how relationships are defined by how people see themselves and tips for building a healthy view of self.

Session 7

### **Moving Forward**

Identifying individual barriers to having healthy relationships, mutually satisfying friendships and support networks.

Session 8

### **Reviewing the Journey**

Reviewing learnings and setting goals to consolidate changes.

*All sessions facilitated by experienced professionals from Interrelate Family Centres.*

*All sessions will be held at the Family Relationship Centre  
146 Victoria Street TAREE*

Sessions run from 10am–1pm  
Light refreshments provided  
Bookings Essential: Call Manning Valley Neighbourhood Services on  
**6553 5121**  
Web: [www.mvns.org.au](http://www.mvns.org.au)