

MOVING FORWARD

- for divorced & separated individuals -

Moving Forward is a personal development workshop designed for people who have divorced or separated from their partner. The Moving Forward session will help you work through the complex feelings associated with the break-up and also allow you to learn new skills which can help you rebuild your life.

This workshop also offers a chance to meet people going through a similar life stage. It is designed to help all group members come to terms with the break up of a relationship and learn new techniques to help you begin to move forward in a positive way

The workshop is informal and interactive so that members are highly involved in the learning process and have an opportunity to raise concerns and practise skills.

Topics Included in the workshop:

- Rebuilding after a relationship ends
- Relating to other people
- The impact on children, family and friends
- Dealing with change
- Learning about yourself
- Building relationship skills

Saturday 19th June 2010 10am – 4pm

Training room, Relate London North West

Harrow Civic Centre

Station Road Harrow HA1 2XH

Cost £60*

To book a place please return the registration form

call 020 8427 8694 / 8427 2801

Or email relate_training@yahoo.co.uk

*Concessions are available for over 60's and the unwaged. Concession price is 50% of full cost.