



For more information contact:-
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Training courses from Relate Jan 2010

Moving Forward

Moving forward is a one day workshop designed to help those who are separated or divorced cope with the break up of a relationship. It has been written to help you work through the complex feelings associated with the break-up and to learn new techniques which will help re-build your life.

Relate London North West, Civic Centre, Harrow

6th March 2010

10 – 4pm

Cost £60*

Parents Apart

The course looks at the impact of divorce and separation on children and their parents. It offers an opportunity to share concerns and experiences as well as offering strategies for helping children cope with this change in their lives.

Relate London North West, Civic Centre, Harrow

23rd January 2010

10 – 4pm

Cost £60*

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

To book a place please complete a booking form and return to Relate Education & Training, Civic Centre, Station Road, Harrow, HA1 2XH

Or email us at Relate_training@yahoo.co.uk