

## Workshops at Relate London North West Autumn 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.

18 <sup>th</sup> Sept 2010	10 – 4pm	Cost £60*
13 <sup>th</sup> Nov 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.

25 <sup>th</sup> Sept 2010	10 – 4pm	Cost £60*
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**All courses run at Relate London North West,  
Civic Centre, Harrow HA1 2XH**

**To book a place please contact Relate on: 020 8427 8694 / 2801 or  
email : [Relate\\_training@yahoo.co.uk](mailto:Relate_training@yahoo.co.uk)**

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