

Moving Forward

After Divorce and break-up

Every Tuesday 10.00am till 12.30pm

**Takes place over 5 weeks starting in
November 2014, February 2015 or June 2015**

delivered by

Relate Worcestershire

at The Hive, Worcester

- Recently divorced or separated?
- Need a bit of help getting back on track?

Take some time out to enrol on this **FREE** course *

* Please ask for details of eligibility criteria

Moving Forward will help you gain an increased understanding of the process of coming to terms with separation and divorce. The course will help explore the reasons why and help build confidence for future relationships.

Focusing on:

- **Taking positive steps to re-build your life for yourself and your family**
- **Explore your feelings about the changes in your life**
- **Understand why your relationship went wrong**
- **Deal more positively with change**
- **Meet others in the same situation**
- **Discover the new you!**

For further information please contact:

Sarah Moore

Relate Worcestershire

Tel: 01905 23597 Email: sarah@worcsrelate.plus.com

Web: www.relate-worcestershire.org