

Breakthrough

Divorce and Separation Recovery Workshop

Seven weekly sessions commencing Wednesday 17th
February 2010 and concluding 31st March 2010.

Time:

7:30pm – 9.30pm

Venue:

Hotham Cottage
12 Hotham Road, Kirrawee NSW 2232
(next to the Gynea Baptist church carpark)

Cost:

\$70 for 7 weeks paid in advance.

Bookings and Enquiries:

Phone 9522 8126 (Facilitator - Barbara)
or SCW 9545 0299
or email admin@scw.org.au.

Bookings essential

*Support group format, interactive discussion group. Not
counselling but can complement individual counselling.*

Topics covered include:

Loss and grief

Stages of relationship breakdown

Understanding yourself

Letting Go

Anger

Loneliness

Self worth

Children and divorce

Forgiveness

Southern Community Welfare
2-4 Tea Gardens Ave Kirrawee NSW 2232
Tel 9545 0299 Fax 9521 6252
www.scw.org.au

