



8-Week Program

REBUILDING AFTER THE END OF A RELATIONSHIP, SEPARATION AND DIVORCE

This program is intended to help people who are experiencing the end of a relationship, separation or divorce. This program will provide participants with the opportunity to work through emotional blocks such as stress, denial, anger, grief, and guilt. It will also help guide participants to increase self-awareness, build more positive self-esteem, and develop a healthy relationship with themselves and with others.

Facilitator: Nicole Cooper, MSW, RSW

**Tuesday Evenings
from 7:00pm –
9:00pm**

**April 2, 2019 –
May 28, 2019**

Fee \$120

**Please call
579-0168 to
register**

**RUAH COUNSELLING
CENTRE**

The Lantern
35 Barnes Rd
St. John's

www.rcsj.org/ruah-counselling-centre

709-579-0168