



# **SURVIVING THE BREAK UP**

The Surviving the Break Up Course received an award for Voluntary Service to the Community from Wokingham Without and Crowthorne Parish Councils in November 2014.

# “Surviving the Break Up”

## Programme

### The Adult Experience of Divorce.

The evening covers some of the feelings experienced by people - anger, sorrow, low esteem and helplessness. Some ways of dealing with these feelings are also explored.

### The Effect of Divorce on the Children.

This session looks at how children react to separation and divorce, with suggestions for making this period as easy as possible for them.

### Legal Aspects of Divorce.

A local solicitor gives advice and information on the financial and legal aspects of divorce.

### Happiness, Confidence & Independence.

An opportunity to explore who we are, who we can be and how to move forward towards our own happiness.

### Quotes From Former Participants.

‘... it was good to be with other people who knew how I was feeling, because they were feeling it too.’

‘... the solicitor helped us to see what questions we needed to ask and which practical issues needed to be faced.’

‘... the specialists helped us to understand what was happening and were a springboard for the discussions that followed.’

‘... the course took me forward.’

# “Surviving the Break Up”

This is a 4-session course designed for anyone who is at any stage of separation, break up or divorce. It has been created to help people understand the process involved in splitting up. There is an opportunity to meet and gain support from other people in a similar situation.

Each evening consists of a short talk, followed by the chance to discuss experiences in small groups.

**Dates:** Monday evenings at 8:00pm  
29<sup>th</sup> October, 5<sup>th</sup>, 12<sup>th</sup> and 19<sup>th</sup> November 2018

**Venue:** St Sebastian’s Parish Centre,  
Nine Mile Ride, Wokingham.

**Cost:** There is a small fee of £10.00 to cover refreshments, administration costs, etc. However, please do ask if this proves difficult as fees can be reduced or waived.

**Please Contact:** St Sebastian’s Parish Centre, Nine Mile Ride,  
Wokingham, RG40 3AT  
Telephone: 01344 761050  
(9:00am - 3:00pm Monday-Friday)

## ✂ ----- Booking Form

**Please complete this form and return to the Parish Centre at the address above, or email the information to [office@stsebastians.org.uk](mailto:office@stsebastians.org.uk).**

Your Name: .....

Your address: .....

If you have children, it would be helpful if you could tell us their ages:

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How did you hear of this course? .....