



## Recovery from Divorce and Separation

The Restored Lives Course will begin on:  
**Tuesday 7<sup>th</sup> May, 2019** for 6 sessions, followed by a  
**'Party' on Tuesday 25<sup>th</sup> June, 2019.**

*(There will be a break on Tuesday 28<sup>th</sup> May for Schools Half Term.)*

Sessions will begin at 7pm, with a light meal and end at  
9.30pm, each week

“ THIS COURSE IS THE SINGLE MOST  
HELPFUL THING I'VE DONE. ”

## WHAT IS THE COURSE ABOUT?

The course is both practical and supportive, giving anyone who has been impacted by the end of a serious relationship the opportunity to discuss the challenges they are facing and the tools to deal with these effectively. These include:

- Facing the effects of separation and divorce
- The importance of good communication
- Forgiveness
- Resolving conflict
- The impact of breakdown on other relationships
- Legal issues
- Parenting issues
- Moving forward with hope

## WHAT IS INVOLVED?

Each session begins with a light meal followed by a talk, with opportunities for discussion in small groups. The small groups are led by people who have either gone through divorce themselves or have been alongside someone who has. The setting is welcoming, relaxed and unthreatening.

## WHO IS IT FOR?

The course is for anyone who has been impacted by the end of a serious relationship whether separated, currently going through a divorce or already divorced, either recently or at any time in the past. Although based on Christian principles of coming alongside those in need, the course is suitable for those of all faiths or no faith at all.

*If you are seeing a therapist or taking medication prescribed by your doctor, please discuss your participation on this course with them. The material addresses the hard issues that arise on separation and divorce and may be challenging. While many people find a group environment helpful and supportive, it may not be appropriate for everyone. Please contact us if you want to discuss this further.*

## WHAT WILL IT COST?

The course is heavily subsidized to encourage and help everyone who would like to participate in the 7 weekly sessions, but we feel that a small contribution towards the costs is appropriate. All those helping to deliver the course are giving their time free.

**The cost is £35 for the 7 weeks.**

*(If cost is an issue, please contact us.)*

Please email us at:

[restoredlives@cheadle.org.uk](mailto:restoredlives@cheadle.org.uk)

or telephone us on **07940567046**

Restored Lives  
St. Mary's Parish Office  
The Upper Room  
11 Wilmslow Road  
CHEADLE  
Cheshire  
SK8 1DW





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