

Mums Surviving Separation

Have you... separated from your partner and need some support?

If so... our 2 ½ hour workshop may be of help.

Separation brings major changes and challenges for Mums - financial and economic adjustments, having to respond to the needs of the children as they adjust to the changes, juggling work and home responsibilities and multiple losses. This session aims to be a supportive space to explore the challenges of separation with other women in a similar position and to identify and /or reconnect with coping strategies to help in moving on to a fulfilling and happy life.

Discussed in this workshop

- Women's experiences of separation
- Managing change and loss
- A model to identify realistic choices in responding to the challenges
- Parenting solo and co-parenting
- A range of resources women can access

When: Tuesday 11th June 2019

Where: Bunbury Family Relationship Centre
Corner Molloy and Symmons Streets
Access from Symmons Street side of the building

Time: 9.30am-12noon

Fee: \$30pp



*It would be
great to
see you*

Places are limited. Bookings Essential.

Please contact (08) 6164 0566 or email Bunbury.Education@relationshipsaustralia.org.au to register today!

Relationships Australia.