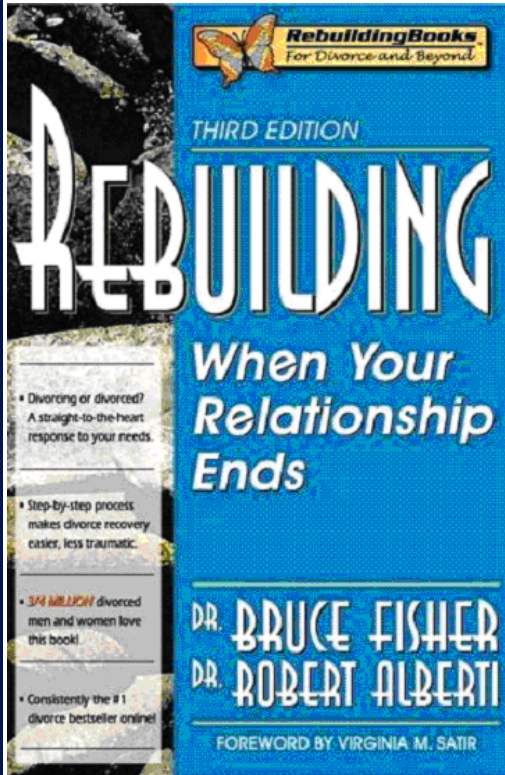


Rebuilding Me after We



The Reasons...

To help the healing after a separation or divorce.

To gain a better understanding of self.

Take charge of your emotions.

Overcome problems from the past.

Discover ways to meet your needs and be good to yourself, without feeling guilty.

The Rebuilding Concept

The analogy of climbing a mountain describes the process one goes through after their love relationship ends. The *rebuilding blocks* represent stages of adjustment.



The Results...

Heal and move forward with your life.

Take charge of your life with information, guidance and support.

Equipped with tools to create healthier relationships.

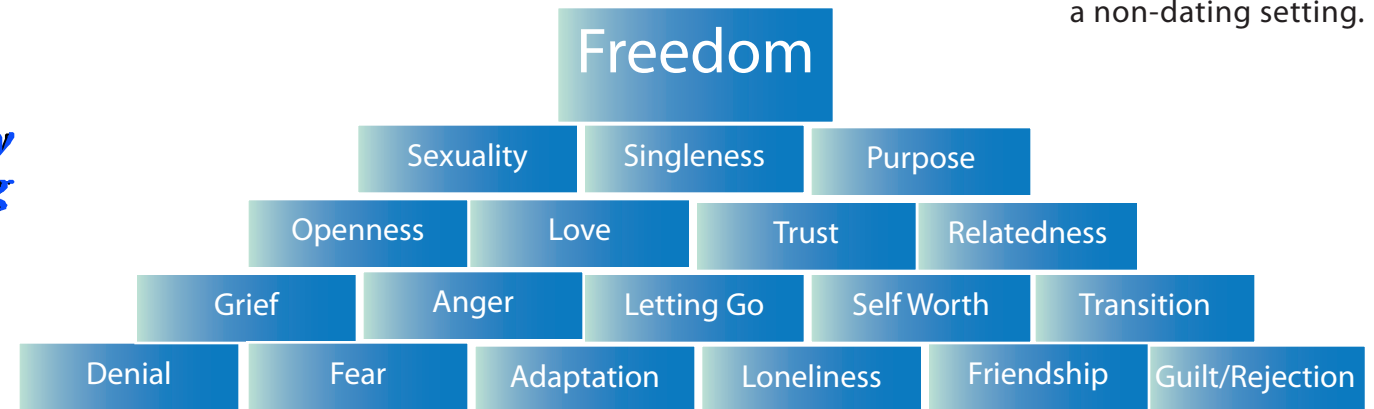
Personal growth and self-awareness.

Recognize your relationship *pit falls*.

Meet new people in a non-dating setting.



417 Bagot Street
Kingston, ON K7K 3C1



To register call 613-549-7850
for more info
visit our website
www.k3c.org

Facilitated by Kathleen Pratt, MSW, RSW
Thursday evenings - February 25 - May 13, 2010
\$250.00 fee (some subsidies available)

Get the outline at www.rebuilding.org