

# REBUILDING YOUR LIFE AFTER DIVORCE

## SUPPORT GROUP FOR DIVORCED

Separation or divorce can be a painful and stressful experience. One might feel isolated and insecure about the future especially if one has moved here from abroad and because of a relationship that has now ended.

But one does not need to go through it alone!

In the support group you'll have a chance to share and talk with people who are in the same situation as you and facing similar issues. You will realize that you are not the only one having mixed feelings, questions and doubts and you will get practical tools that help you deal with your emotions, adjust and move forward in life.

The discussion is facilitated by professional peer supporters and the group meets once a week for 10 weeks.

The themes to be discussed in the group include topics such as denial, fear, loneliness, guilt and self worth.



For more information or to register

for the group, please contact

Fabrizio Turci:

[fabrizio.turci@familiar.fi](mailto:fabrizio.turci@familiar.fi)

040 3608473

Google form:

[bit.ly/DivorceGroup2020](https://bit.ly/DivorceGroup2020)

or call Familia's office:

044 773 8628



The group meets every Wednesday  
from 11th March until 27th May  
from 17.30 to 19.30  
at Familia, Lintulahdenkatu 10 (7thFloor)

Please register by the 1st of March

## PARTICIPANTS FEEDBACK

"I can truly say that the divorce seminar was absolutely what I needed to start getting my life in order again. It is perfect for people that don't know where to start moving on. I feel it's especially difficult as a foreigner to get ground again and good support in English. It was of big help also to have a facilitator who can leverage on own divorce experience and provides a trusted and safe environment."

"Thank you for offering this opportunity! It's great to see that there are organisations and people who care and offer help. Keep up the great work, please. Logistics were also good. Location easily reachable by car and public transport...and also sufficient flexibility from Fabrizio in the scheduling."

"The event was very useful to me and helped me during my divorce especially since it's very difficult as a foreigner here to find such an event in English. I am sure there are a lot of foreigners going through divorce who would benefit from this group."