

# REBUILDING 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 and registration, please contact  
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The group meets on Tuesdays in Familia,  
Lintulahdenkatu 10, 7th floor, Helsinki

Meeting schedule:

- Tuesdays 10.9. - 12.11.19 (17.30 – 19.30)

