



Rebuilding After Relationships End



Are you:

- Having trouble dealing with the loss of your relationship?
- Finding it hard to adapt and accept your new lifestyle?
- Experiencing problems with your self-esteem?

We Can Help!

You will learn

- How to heal personal wounds and experience personal growth
- New strategies and techniques to accept and deal with your emotions
- How to improve your self-confidence within yourself and in new relationships

Your future starts with us,
take the first step now!!

Tuesdays 6:00 - 8:00 pm
10 Sessions
Family Service Thames Valley
125 Woodward Avenue
London

▶▶▶ Call for more information and to
arrange a screening interview
519-433-0183

Sliding Fee Scale May Apply

www.familyservicethamesvalley.com

