



# 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 - 8:30 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](http://www.familyservicethamesvalley.com)

