



Restored Lives gives you the help and support you need, as well as practical tools, to get through your relationship breakdown and divorce. It is a safe, non-judgemental environment to meet others who are in the same situation which allows you to discuss, question and grapple with your important issues.

The **Restored Lives** course has been helping thousands of people recover from relationship breakdown for over 20 years with facilitators that have been through separation themselves and have a passion to help others recover completely from the impact that relationship breakdown brings.



Although the **Restored Lives** course was created and run from a church, it is for people of any faith or none at all. The **Restored Lives** course is run over five weeks, one Saturday afternoon per week, starting Saturday 19th January at Cornerstone Church, Vallauris. Sessions start at 4.00pm with short talks and an opportunity for small group discussions. The setting is welcoming, relaxed and unthreatening, with a few nibbles and drinks to share.

The talks cover the key issues to help you to move on and highlight the practical steps and tools to enable you to tackle the issues that arise from separation and divorce.

- Facing the effects of separation and divorce
- Denial and acceptance
- How to survive being a full time [parent](#)
- Getting back on talking terms with the ex
- How to manage [the legal process](#)
- Building meaningful relationships again
- Recognising and owning your feelings
- The importance of good communication
- How to survive being an absent [parent](#)
- What do I need to do on the [legal side](#)?
- Stopping the blame and punishment
- The impact on friends and family
- Building self-confidence
- Listening and expressing yourself
- Freeing yourself from the past
- The impact on your social life
- What do the [children](#) think?
- Moving forward with hope
- Managing conflict
- How to help [children](#)
- What are the moral issues?
- Forgiveness
- Reconciliation
- Dating after divorce and separation

Please address all your questions or registration to Eli, by email elicookson@hotmail.com or phone n. 06 09 07 21 57