

Coping with a breakdown or divorce

Moving on after a relationship ends



This group is for Spanish speaking people who experienced a painful breakdown in their relationships and want to learn how to better cope with the loss of a partner.

In this serie of 5 workshops we will explore:

- How to heal after a breakup in different culture.
- Helpful tips to move on and start building a new life.
- Strategies to overcome depression, anxiety, stress and change.
- How to boost self-esteem after a breakdown.
- Helping kids and relatives to cope with separation and divorce.

ALL WORKSHOPS ARE FACILITATED IN SPANISH

**To register contact Carolina at 647 776-2057
o email to northyork@mnict.org**

Each Wednesday, starting from August 17, 2011
August 17 * August 24 * August 31 * September 7 * September 14
6:00 PM to 8:00 PM

**Place: Downsview Branch, Toronto Public Library.
2793 Keele Street, Toronto, M3M 2G3**

Workshops are facilitated by the Mennonite New Life Centre' Mental Health team in partnership with Toronto Public Library



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