

## Registration Form

### Divorce and Separation Recovery

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_ P/Code \_\_\_\_\_

Phone: \_\_\_\_\_ (W)

\_\_\_\_\_ (H)

Cheque  Money Order

Please make cheques payable to:

Centacare Fraser Coast and mail to  
postal address listed on the back of  
this brochure.

**Cost: \$20** (Payment at first session or  
arrangements are available. Fee can  
be waived in some circumstances).

**Refreshments provided**

*Centacare Family and Community  
Services is an agency approved by the  
Department of Family and Community  
Services. All educators are trained and  
accredited in relationship education.*

## Courses can be offered at:

### Centacare Fraser Coast

#### Hervey Bay

6/152 Boat Harbour Dve  
Pialba 4655

#### Maryborough

140 Wharf St  
Maryborough 4650

### Course Duration:

7 Weeks x 2hrs

**PHONE: Elizabeth  
Maryborough Office  
(07) 4121 6410**

**FAX: (07) 4121 0123**

### Postal Address:

P O Box 240  
Maryborough Qld 4650

Email: [c-caremb@bigpond.net.au](mailto:c-caremb@bigpond.net.au)



Family and Community Support Services

## SURVIVING SEPARATION AND DIVORCE AND MOVING ON

**Gentle and non-intrusive self-help  
group held over seven days/  
nights.**

**Enables participants to move  
towards healing, health and hope  
for the future.**

**Empowering, non-judgemental  
and with no strings attached.**

**Many positive and wonderful  
responses from past  
participants.**

## Questions People Ask

**Q:** Do I have to be a Catholic to enrol in this course?

**A:** No, Centacare services are available to all in the community.

**Q:** Will there be men and women attending?

**A:** Most groups include both women and men.

**Q:** Can I pay the registration fee in instalments?

**A:** Yes.

**Q:** I am already seeing a counsellor. Will the workshop conflict with this process?

**A:** Not at all. The workshop is not counselling, it is self-help.

**Q:** Will I be pressured to tell my story and share details of my life?

**A:** No. People do share but only as much as they want to and when they want to.

Non Exploitive

## What Participants Say

*Helped me to see that I was going around in circles and that now I must take responsibility for my own future.*

*Laurie*

*It helped me to realise that my feelings are normal.*

*Chan*

*It was such a "safe" environment I found I could talk about my pain. What a relief!*

*Doris*

## What Facilitators Say

*...Program and video totally professional. Creative, honest, visionary.*

*Judy Heyland-Patterson  
Worker with at-risk children.*

*Gives resources and support to help hurting people make a permanent change.*

*Joe Stead  
Lifeline Counsellor*

*Sets in train a liberal and life-changing dynamic.*

*Ilse MacKaskill  
Psychotherapist*

Non Directive

## About the Workshop

It is:

- ♦ gentle, non-confrontational and supportive
- ♦ an opportunity to share just what you want to (and more), just when you want to (and not before)
- ♦ an opportunity to listen to others who have also suffered loss
- ♦ a safe environment in which to make friends
- ♦ a way of learning about the stages of grief and how to live with them and beyond them
- ♦ a process which helps you clear your own mind and make your own decisions

It is **not**:

- ♦ a series of counselling sessions
- ♦ putting your heart, your mind or your problems in the hands of a guru or expert
- ♦ a "hot seat" situation in which you have to share your troubles
- ♦ religious or dogmatic

Non Judgemental