



REBUILDING ME PROGRAM A TRANSFORMATIONAL JOURNEY

JOIN US IN A SAFE, SUPPORTIVE SPACE WHERE YOU CAN REBUILD YOUR LIFE WITH CONNECTION AND EMPOWERMENT

ARE YOU NAVIGATING THE PAIN OF A BREAKUP, SEPARATION, OR DIVORCE? THIS 10 WEEK TRANSFORMATIONAL REBUILDING PROGRAM IS HERE TO SUPPORT YOU.

WHAT YOU'LL GAIN

- TOOLS FOR HEALING AND GROWTH
- SUPPORT FROM OTHERS ON SIMILAR JOURNEYS
- INSIGHTS INTO GRIEF, ANGER, AND SELF-WORTH
- STRATEGIES TO REBUILD TRUST, LOVE, AND CONFIDENCE

THURSDAYS

TIME: 1:30PM - 3:30PM

COST

FREE OF CHARGE
DONATIONS APPRECIATED

LOCATION

PENRITH WOMEN'S
HEALTH CENTRE
63 Union Road, Penrith

CALL TO BOOK
YOUR SPOT

(02) 4721 8749



Facilitator: Karen, Counsellor



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BASED ON *BRUCE FISHER'S RENOWNED BOOK, REBUILDING: WHEN YOUR RELATIONSHIP ENDS*, THIS PROGRAM OFFERS A STRUCTURED APPROACH TO HEALING AND GROWTH IN A SUPPORTIVE GROUP SETTING

PROGRAM SCHEDULE

WEEK 1: MAY 1, 2025 - LIVING EMPOWERED

WEEK 2: MAY 8, 2025 - HEALTHY &
UNHEALTHY BEHAVIORS

WEEK 3: MAY 15, 2025 - HEALING GRIEF

WEEK 4: MAY 22, 2025 - HEALING ANGER

WEEK 5: MAY 29, 2025 - UNDERSTANDING YOUR
WORTH

WEEK 6: JUNE 5, 2025 - UNMASKING

WEEK 7: JUNE 12, 2025 - GROWING IN LOVE

WEEK 8: JUNE 19, 2025 - LIVING WITH PURPOSE

WEEK 9: JUNE 26, 2025 - BUILDING INTIMACY

WEEK 10: JULY 3, 2025 - AUTHENTICITY