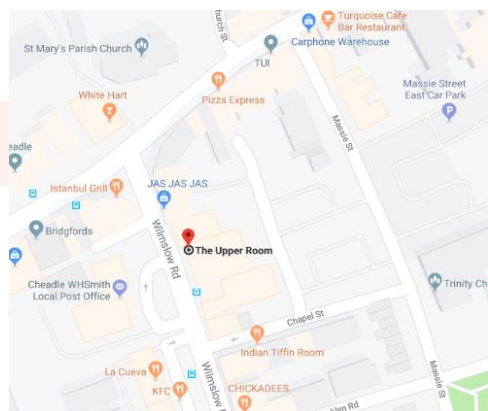


HOW TO FIND US

'Restored Lives' will be taking place in 'The Upper Room Cafe', First Floor, The Upper Room, Cheadle, Cheshire, SK8 1DW.

Entrance is from Massie Street car park west, next to the rear entrance to Tesco's Extra.

Parking is free in the evenings.



“ THIS IS A VERY CARING AND PROFESSIONALLY RUN COURSE WHICH WILL STAND ME IN GOOD STEAD IN THE FUTURE. ”

TO REGISTER FOR THE COURSE

Please email us at restoredlives@cheadle.org.uk
or telephone us on **07940567046**

Or please return this slip to the address below:

**Restored Lives
St. Mary's Parish Office
The Upper Room
11 Wilmslow Road
CHEADLE
Cheshire
SK8 1DW**

You pay up front by following the link below:

<https://stmarysheadle.churchsuite.co.uk/events/mojn8zam>

Alternatively by cheques made payable to: 'Cheadle Parish PCC'

Privacy Statement

Cheadle Parish PCC recognises the importance of the correct and lawful collection and treatment of personal data. By submitting your details you acknowledge that your details will be added to the St Mary's church database. Your personal data will be treated as strictly confidential and we will only maintain such information as is necessary for us to administer Restored Lives, maintain our own accounts and records and inform you of news, events, activities and services within the parish that we think may be relevant to you.

Restored Lives

Recovery from Divorce
and Separation



“ THIS COURSE IS THE SINGLE MOST HELPFUL THING I'VE DONE. ”

WHAT IS THE COURSE ABOUT?

The course is both practical and supportive, giving anyone who has been impacted by the end of a serious relationship the opportunity to discuss the challenges they are facing and the tools to deal with these effectively. These include:

- Facing the effects of separation and divorce
- The importance of good communication
- Forgiveness
- Resolving conflict
- The impact of breakdown on other relationships
- Legal issues
- Parenting issues
- Moving forward with hope

WHAT IS INVOLVED?

Each session begins with a light meal followed by a talk, with opportunities for discussion in small groups. The small groups are led by people who have either gone through divorce themselves or have been alongside someone who has. The setting is welcoming, relaxed and unthreatening.

WHO IS IT FOR?

The course is for anyone who has been impacted by the end of a serious relationship whether separated, currently going through a divorce or already divorced, either recently or at any time in the past. Although based on Christian principles of coming alongside those in need, the course is suitable for those of all faiths or no faith at all.

If you are seeing a therapist or taking medication prescribed by your doctor, please discuss your participation on this course with them. The material addresses the hard issues that arise on separation and divorce and may be challenging. While many people find a group environment helpful and supportive, it may not be appropriate for everyone. Please contact us if you want to discuss this further.

“ THANK YOU FOR BUILDING UP MY HOPE; CRUSHING SOME OF MY FEARS; ANSWERING NUMEROUS QUESTIONS; GIVING LOTS OF PRACTICAL ADVICE AND BRINGING ME OUT OF A DARK TUNNEL INTO THE LIGHT. ”

“ IT HAS HELPED ME ENORMOUSLY. I DO FEEL STRONGER FOR IT. ”

“ I NOW HAVE HOPE. ”

“ I NOW KNOW I'M NOT ALONE. ”

“ THE COURSE HAS GIVEN ME SOME STEPPING-STONES, ONE OF WHICH IS PERMISSION TO FORGIVE MYSELF. ”

“ IT HELPED ME TO REDISCOVER SELF-WORTH. ”

“ I GAVE MYSELF PERMISSION TO LAUGH AGAIN. ”

WHAT WILL IT COST?

The course is heavily subsidized to encourage and help everyone who would like to participate in the 7 weekly sessions, but we feel that a small contribution towards the costs is appropriate. All those helping to deliver the course are giving their time free.

The cost is £35 for the 7 weeks.

(If cost is an issue, please contact us.)

WHEN IS IT ON?

The 'Restored Lives' course will start on Tuesday 7th May, 2019 and will run for 6 sessions, followed by a 'Party' on Tuesday 25th June, 2019. *(There will be a break on Tuesday 28th May for Schools Half Term.)*

Sessions will begin at 7pm, with a light meal and end at 9.30pm, each week.

“ I FEEL SUPPORTED, ENCOURAGED, UNDERSTOOD, LESS ALONE, AND MORE CONFIDENT. ”

REGISTRATION FORM

Please fill in this form and send it to the address overleaf to book your place.

Title: First Name(s):

Surname(s):

Address:

Email:

Telephone (daytime and evening):

Are you separated/divorced (please circle). If so, for how long?

Do you have children? What are their ages?

How did you find out about the course?

I enclose a payment of £35
(Cheques payable to 'Cheadle Parish PCC')

Do you have any dietary needs/allergies?