



# The Separation and Divorce Resource Centre Inc.



## REBUILDING WHEN A RELATIONSHIP ENDS SEMINAR

### BROUGHT TO YOU BY:

*Diane Valiquette*

Founder of the  
Separation and Divorce  
Resource Centre in  
Ottawa



- Why do we recycle issues?
- Having trouble letting go?
- Why do we make the choices we do?
- For men, women, and couples who are looking to rebuild.

**110 Bearbrook Road Suite 2B, Ottawa**

**February 16<sup>th</sup> at 6:30-8:00pm**

**Seating is limited, don't miss this.**

Not only for those Separated or Divorced!

Single or wondering how to have a healthy relationship?

## REBUILD BEFORE AND AFTER

**12 week group, one evening per week seminar \$480+HST includes all materials**

**To Register Contact: Tarah Sly at 613-837-9025,**

**E-mail: [tarah@thesdrc.com](mailto:tarah@thesdrc.com)**

**Go to [www.thesdrc.com](http://www.thesdrc.com) for full program information.**