

Rebuilding When Your Relationship Ends

The ending of a love relationship can be one of the most stressful and difficult experiences of a person's life. Having someone to walk with you during this time can make all the difference.



The Rebuilding Seminar is designed for individuals of all ages and situations who are experiencing the end of a love relationship. No matter the length of your relationship or the reason for the ending, this is the class for you! We will help you move through the grief and adjustment periods in a healthy way.

Learn the skills necessary to adjust to your losses, and receive encouragement to rebuild your life!

Weekly group classes support healing, learning about yourself and improving your ability to build loving relationships in the future.

Thursday, September 21 to November 30, 2023, 6:30 - 8:30 pm

In Person or via Zoom

To Register contact Beth Walker: 720-352-9915 or bethdwalker@gmail.com

Seminar Facilitators

Beth Walker, MBA, CPCC, inspires and guides others as a Professional and Relationship Coach. She works with individuals, couples and teams.

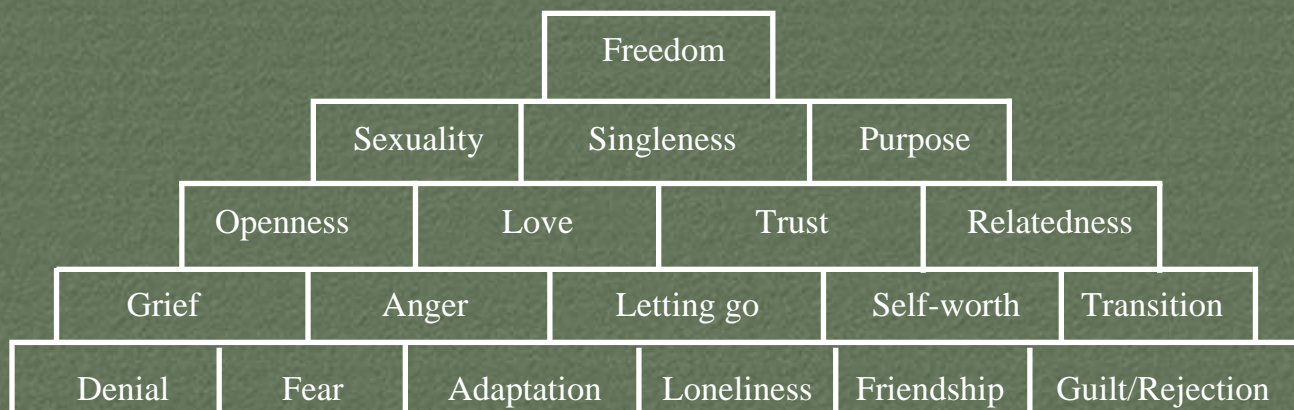
Paul Walker, LCSW, MSW, has been assisting individuals, couples and families for over 35 years in his private practice.

Both Beth and Paul have been previously married and personally transcended the trauma of divorce. They are eager to bring their energy, experiences and skills to assist you in rebuilding your life.

Beth and Paul will jointly facilitate large classes. When class size is smaller, Beth will facilitate the Seminar.



The “Rebuilding Blocks” provide an overview of topics covered during the 10-week seminar



Seminar Details

Dates: Thursdays, September 21, 2023 to Thursday November 30, 2023

6:30 pm to 8:30 pm

Duration: 10 two hour group sessions

Location: St. Andrew United Methodist Church

9203 S. University Blvd, Highlands Ranch, CO 80112

Cost: \$450 per participant and the cost of the book

Required Text: “Rebuilding When Your Relationship Ends” (4th edition)

Bruce Fisher, Ed.D and Robert E. Alberti, Ph.D.

Optional Text: “Rebuilding Workbook” (2nd edition)