

# Finding Hope After Separation, Divorce or Bereavement



*“Helping people **grow** through, not just go through, life’s hardest seasons.”*

Do you feel overwhelmed by grief, loneliness, anger or anxiety after a relationship breakdown or bereavement?

You are not alone.

Whether you’re at the beginning of this journey or somewhere along the road, this four-day, seven-session seminar is a safe and supportive place to begin healing.

Facilitated by Chris Skopakow, who brings personal insight and lived experience of both bereavement and divorce, this seminar is practical, compassionate, and filled with real-life tools to help you move toward healing and hope.

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## What will be covered?


- Understanding the grieving process
- Dealing with anxiety and fear
- Managing and expressing anger in healthy ways
- Navigating loneliness and rediscovering self-worth
- The freedom of forgiveness
- Rebuilding self-esteem and setting new goals
- Moving from “just surviving” to “growing through” pain





Each session includes presentations, handouts, small group discussions, role plays, encouraging stories and opportunities for reflection.


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## Seminar Details

 **Venue:** Fellowship Room, Wesley Evangelical Uniting Church, 9 Unitt Street, Kyabram

 **Dates:** Friday 12 – Monday 15 September 2025

 **Session Times:** (Schedule TBA – full details on registration)

 **Cost:** Free (gold coin donations welcome)

 A confidential and supportive environment





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## Registration & Contact

To register or find out more, please contact:

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*Limited spaces – please register early.*