

Separation

Why Me?

There are moments or periods in our lives when everything seems to have come to an end. We are shaken to the very depths of our being by events that force us to take very difficult decisions – while our feelings are in such turmoil that we are at a loss what to do.

In its wake, separation brings grief, anger, hurt, depression, loneliness, frustration, fear and blame. Why did it have to happen to me? And, is there hope for me?

Separation needs to be understood. It is much more than division of your estate. It is also about learning a new way of life, learning new skills and letting go of the past.

During and after the completion of all the legalities, you will need the support and advice of men who have already learned what you need to know.

A **Support Group** for this purpose meets **each Tuesday 8-10pm** at AMEN, Navan (*tel. 046-9023718*). Attendance is voluntary and operates on a strict rule of confidentiality.

I wish to attend the **Men's Support Group**:

Name _____

Address _____

Telephone _____ Mobile _____