

SEPARATION S.O.S.

A STEP-BY-STEP SURVIVAL PROGRAM FOR RELATIONSHIP BREAKDOWN

Feel like you're adrift, drowning in a sea of emotional turmoil
as you navigate your way through divorce or separation?



Let us be the life-ring that buoys you up
and brings you safely back to shore!

Separation S.O.S. is a simple,
step-by-step mentoring program steering you
gently along the road to acceptance.

We can't promise it will all be plain sailing -
but with our mindful support you will survive
separation, rediscover yourself and define
a positive action plan for the future.

Call **Nicola** on **0778 9497275** or **Steph** on **0788 0798070**
to take the first step forward