

# Are You Newly Single?

Has the relationship with your significant other recently come to an end?

*Are you feeling isolated?*

*Lonely?*



*Anxious?*

*Unsure about what the future holds?*

Would you like to be part of a group that explores the complex emotional and psychological issues connected with relationship endings?

From **Monday January 7th** to **February 11th 2019, 1:30-2:30 pm** Portcullis Surgery will host a weekly group facilitated by an experienced counsellor/mental health professional.

Please see your GP or other health care professional if you would like to attend this group.



**Portcullis Surgery**

01584 872939

