



"It's not whether you get knocked down, it's whether you get up again that matters." **Vince Lombardi**



The Aquila Ethos

As a Christian organisation working closely with local churches our aim is to give non-judgemental care and support to men and women wanting to rebuild their lives regardless of background or belief.

For more information about Aquila contact our Bristol team.

Aquila Bristol, Linden Gate, Clifton Down Road, Clifton, Bristol BS8 4AH

Tel - 07807 058479

Email - bristol@hope-after-heartbreak.co.uk

www.hope-after-heartbreak.co.uk

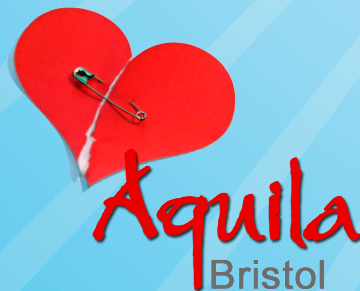


Aquila
Bristol

Helping you find hope after your relationship breakdown



However recently or long ago if life's a bit tough right now we can help your recovery.



About Aquila Bristol

We recognise how difficult it is for people to take the first step in attending a course; we are ready to help everyone who is struggling to come to terms with all that has happened.

Aquila Bristol runs a confidential self-help course which is facilitated by a group of trained men and women who have all experienced broken relationships or divorce. We know how important it is to have support and understanding and what a vital role it played in our own recoveries.

We encourage and support each other over coffee in a safe and non-judgemental atmosphere where the experiences and insights of all are valued. Our aim is for you to find your way towards understanding, healing and wholeness.

Key themes we cover in the sessions include:

- ◆ How, why and where it all went wrong and what part we played
- ◆ How our personalities and personal histories shaped us and influenced the development of our relationship
- ◆ Surviving the emotional fall-out
- ◆ How we cope with the issues surrounding children
- ◆ How we can forgive ourselves and others
- ◆ Improving our chances of finding hope and happiness in the future

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I was very hesitant and nervous about joining the course but I'm so glad I plucked up the courage to do so - it was the turning point to a better life
Andy

Participating in the Aquila course really helped me make sense of my situation and the emotional nightmare I was in. Meeting other people on the course, who were in similar circumstances, was a great comfort and I stopped feeling so isolated. I made friends with a few of the other participants, and we are still in regular contact.
Sally

It was really good to get things that had upset me for years off my chest. I didn't realise how much they'd been holding me back.
Mike

After feeling so crushed, I am really grateful for your support and care as I rebuilt my self-esteem. Thank you Aquila.
Jacqui

I view my life and myself much more realistically now - thank you.
Paul

I have learned so much about relationships by coming on this course and can now see the part I played in my marriage failing. I won't make those mistakes again.
Tony

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Please complete the form and return, with payment, to the address below.

If you're not yet ready to take that step, please give us a call on 07807 058479.

Aquila Bristol, Linden Gate, Clifton Down Road, Clifton, Bristol BS8 4AH

(please make cheques payable to 'Aquila Bristol').

Name _____

Address _____

_____ Postcode _____

Home Tel no. _____

Mobile _____

Email _____

How did you hear about us? _____

For course dates see overleaf. Please tick one box:

7 week course (+optional 8th week social) £40

(this includes material for each session and telephone support if required)

If you are on income related benefits £20

Weekend course £40
(please contact us for further details)

If you have any special requirements relating to access or health, or any other information you feel we should be aware of, please let us know.

I accept the Aquila ethos and the self-help nature of the course as described in this leaflet.

Signed _____

Date _____

Any other comments _____

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