

Celebrating Family Life

Personal development On-going group | Course leader Judy Hargreaves



This is an on-going group for parents which meets once a month on Tuesday evenings to affirm the skills that we have as parents. We explore our current parenting issues and increase our choices for coping with these. We develop skills for maintaining and enhancing self-esteem within our families.

This workshop is suitable for parents at all stages of parenting. Being in a group often evokes feelings and behaviour which represents our experiences in our families of origin. Becoming curious about this process in the group increases our awareness of the roles and the dynamics within our family of origin and within our current family. We shall work together to form the body which we want to hold as parents within our family.

There are two groups. One meets on a Thursday morning from 9.30am-12.30pm, the other on a Saturday morning from 9.30am-12.30pm.

If you have not worked with Judy individually or in a group she would like to meet with you. Please phone on 020 8749 1964 or email judyhargreaves@gmail.com if you would like further information.

How to enquire

For more information please contact Judy through the website.

