

Women's Group

Personal development on-going group | Course leader Natasha Curnock



A therapeutic group offers a unique and confidential space in which we can reflect upon ourselves and get valuable feedback from others.

The experience of working with other women in an on-going group is empowering, enlightening and creates opportunities to get to know and share who we are.

Some themes to be explored include:

Creating and managing satisfying relationships with partners, friends, family and colleagues

Work and career transition or satisfaction

Self care and building self-esteem

Dates

The group meets fortnightly on Friday evenings from 6.30 - 9pm and one full Sunday per term from 10am – 5pm.

Winter 2019

January 6, 18, February 1, 15, March 1, 15 and April 5.

Spring 2019

April 28, May 10, 24, June 7, 21, July 5, 19.

Autumn 2019

September 15, 27, October 11, 25, November 15, 29, December 13.

The fees are £315 for each term and are payable to Natasha Curnock at the start of the term.

How to enquire

If you are interested in participating or want further information, please call Natasha on 07814 002705 or email Natasha@thepsychotherapygroup.co.uk.

Spaces are limited to six participants. An initial commitment of at least one term is required.

