

Women In Transition

Personal development On-going group | Course leader Maggie McKenzie



This group, as well as exploring how we as women experience, form and express ourselves, has the particular focus of managing our experience of transitions. These may be significant life phase transitions such as menopause and aging, or individual transitions such as entering or leaving a relationship with work, children or a partner.

How to enquire

For further information on this group, please enquire online or contact Maggie through the Spectrum office.

Dates 2012

The group meets every three weeks on a wednesday from 12.30am-4.30pm unless otherwise stated.

Spring/Summer:

April 25	10am-4.30pm
May 16	
June 13, 27	

Autumn:

September 19	
October 10	10am-4.30pm
October 31	
November 14, 28	

Price

For further information about price please speak with Maggie.

