

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 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.

Dates 2019

Winter term: January 17, February 14, March 14

Spring term: May 16, June 20, July 11

Autumn term: September 12, November 7, December 5.

All sessions take place on Thursday, 9.30am-12.30pm.

How to enquire

If you have not worked with Judy individually or in a group she would like to meet you. For more information please contact Judy on 020 8749 1964 or email her judyhargreaves@gmail.com or contact her through the website.

Cost

£190 per person and £300 per couple for three session terms.

A £50 deposit will secure a place. Please make cheques payable to Judy Hargreaves.

