

THE HEALTHY MINDS, HEALTHY RELATIONSHIPS SELF DEVELOPMENT GROUP

What is the offer?

A FREE 10-week personal development group, facilitated by a UKCP registered Senior trainee psychotherapist, providing you with a safe and supportive environment where you can explore personal issues as well as work on how you relate to others.

Beginning 22nd April, 1pm-2.30pm

For more information and to register your interest, please contact the Healthy Minds team on 02072418996 or email us at healthymindscp@mindincamden.org.uk

Why now?

Covid-19 has left many of us feeling isolated and alone, with all of us experiencing a sense of loss. We recognise the need for a safe place to come and share our experiences.

What can I expect?

- Develop a greater awareness of how you relate to others.
- Discover the patterns you have developed for dealing with life and decide whether these strategies are still useful.
- Work with what are sometimes experienced as "difficult" emotions such as fear, anger, loss & sadness.
- Share your experiences with others in a caring environment.
- Build communication skills and create a supportive community.
- Support yourself and others on a journey of self-discovery.