



COURAGE TO DREAM AGAIN

12 Week Psychodrama Group

This is the 8th in a series of personal therapy groups which aims to offer participants a safe and inspiring space in which they can reflect on their lives and learn from each other within a group process. Group members will be able to actively connect with their own and others' lives using art, enactment, and action methods.

This group is suitable for anyone who has a need

- to build on their confidence and self-esteem
- to create change in order to lead more fulfilling lives and become more resilient to life's adversities

Venue: PIPS Newry & Mourne, 30 Kilmorey Street, Newry BT34 2DE

Time: 11 – 1pm

Dates: Wednesday 13th, 20th and 28th January, 3rd, 10th, 17th and 24th February, 2nd, 9th, 16th, 23rd and 30th March

Group size: Minimum 5, maximum 12 participants



Please contact Biggi on 028302 66195 for more information and to book a place. Acceptance of a place is subject to an initial assessment.