

LIVING FULLY GROUPS - MOTUEKA

APRIL, JULY & SEPTEMBER 2023

3.25 Days Creative Therapy Groups



If you are living with the effects of sexual abuse and are ready to fly but need a bit of help to get off the ground, these groups could be for you.

In these groups you will be:-

- Exploring the 4 walls of your House of Wellbeing with Te Whare Tapa Wha (Mason Durie)
- Building your strengths and restoring hope
- Developing a healthy self-concept
- Increasing your ability to experience a range of emotions
- Decreasing dissociation
- Reducing your sense of isolation and breaking down secrecy
- Alleviating shame and guilt
- Developing trusting relationships
- Becoming a potent creator of your own life

These groups are funded by ACC Sensitive Claims if you have an accepted claim and are currently supported by a therapist. Private registration is also an option.

Contact Renee Alleyne 0277345290 or

Email reneealleyne123@gmail.com

Dates: April 13-16, July 27-30, September 21-24 2023

Times: Thursday evening 6pm – Sunday 4pm

Venue: Riverside Cultural & Community Centre