



## **Monthly Pop-Up Psychodrama in Whakatu/Nelson**

**with Ali Watersong, Claire Guy or Cher Williscroft**

**3<sup>rd</sup> Wednesday of each month**

**Starts Wednesday, 15<sup>th</sup> February 2023**

**7.00pm – 9.30pm (arrive from 6.45pm)**

**At Victory Community Centre/TePuna Hauora o Wairepo**

**2 Totara St, Toi Toi, Whakatu/ Nelson**

Have more freedom and creative responses to situations you face in your life and in the world. Come along and experience this lively engaging method exploring personal, political and community issues. You will increase your spontaneity and find new ways to respond to old situations or new challenges in your life. Psychodrama enables us to free ourselves from limitations, restrictions and obstacles, enhance our capacity to relate to others, and build self-acceptance and greater self-awareness.

This evening group session will be a gentle introduction to the philosophy and methods of psychodrama.

**No acting experience required.**

**Cost: Koha**

**More information: Ph Ali 027 276 5992 [awatersong@gmail.com](mailto:awatersong@gmail.com) <http://aliwatersong.co.nz>**