

bradshaw video tapes and group work

*You are invited to attend this open group
on Friday afternoons.*

*The Group is an adult support group which
looks at issues such as inner child, family
dynamics, parenting, family of origin,
feelings, co-dependency, relationships,
addictions.*

*The aim of the Bradshaw session is to
recognise our own dysfunctional behaviour
and to learn new skills to shift behaviour
that is no longer serving us well.*

*Our lives can become healthier for
ourselves and for everyone around us.*

**Facilitated by Sandra-Ruby
Fridays 12.30-1.30pm
Cost: Free**



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