

Transitions Therapy Group

We believe that better quality relationships, social support and connectedness are key to our Wellbeing, combating the sense of isolation and loneliness that we might feel.

What does this group offer?

This group offers a regular and safe space where you can gain support in exploring some of the feelings you might be experiencing, combating the sense of isolation and loneliness that we might feel. For example, going through significant changes in our lives, both practically and emotionally can be daunting. We might use familiar coping strategies that are not always helpful. You might want the opportunity to see things in a different light and think about different approaches. Other group members will often help you by offering support as well as giving you a different perspective on a situation.



Who runs the group?

The group, which is run on a relational model and is led by two experienced psychotherapist from the LifeWorks team. They facilitate the exploration of feelings among members of the group, providing a friendly, safe and trusting space.

Where?

Meeting Room 3, Rushworth Street. London SE1 ORB

When?

Tuesday 11.30am - 1pm

Enquires and referrals

Please contact facilitators:

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-  Tel: 07816 238 905
-  Jo.williams@mungos.org.uk
-  Tel: 07771 833 762

Directions

Nearest tube:
Southwark
(Jubilee line)



For more information contact:

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