

Weekly Psychotherapy Group

**Conducted by
Margot Solomon**

Mondays 5:45 to 7:15

My approach is relational: The group works to develop the capacity of members to deepen their ability to reflect on personal experience. The aim is to help you as a group member to improve the way you participate in relationships with yourself and others in your life: family, colleagues, and friends.

Being part of a group helps group members to develop awareness of different perspectives on experience, and empathy and understanding for others and themselves.

Fee: \$70.00

Venue: 31 Hakanoa St, Grey Lynn

Please contact:

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