

Comments from the women who have moved on...

*"Our get together meetings I will treasure as it helped me through one of the most difficult times"*

*"The group is a very special place and I will surely miss it"*

*"It has been a genuine honour for me to have shared the time spent together in the women's group – I have seen everyone grow and flower, including myself"*

Comments from the women now...

*"When I first joined the group over 2 years ago now, I felt my life was over. I was extremely depressed, isolated and alone.*

*Now at 52 the slate has been scrubbed, washed, cleansed and wiped clean. I can truly say I am a born again person".*

*"Before I had a feeling of always being alone, even amongst family and friends. Now I am being accepted for myself, sharing and feeling cared for"*

More Comments...

*"I consider myself very fortunate in being part of this group. The whole experience is very reassuring and trust inspiring. Each one of us is valued as an individual and when asked if it is doing me good I have no hesitation in answering "Yes".*

*"Before I was introverted, felt socially inept and in danger of becoming agoraphobic. I took a risk and signed up. As time passed I began to feel a belonging and companionship I never thought possible, from a group of strangers I can now call friends."*

# PATHWAYS

## A GROUP FOR WOMEN

*"Two roads diverged in a wood,  
and I-  
I took the one less travelled by,  
And that has made all the  
difference"*

Taken from "The Road Less Travelled"  
by Robert Frost (1874-1963)



Mental Health Services



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### Why "Pathways"?

*Because each one of us is on a life journey.*

*It is hoped that the women in the group can explore themselves and life's experience in a safe environment in order that self esteem may grow.*

*The long term aim is to feel more able to move forwards with confidence and inner strength.*

### Aims for the group are to:

- *Encourage the sharing of experience and building of trust within the group.*
- *Create an awareness of others and ourselves with sensitivity, empathy and trust.*
- *Work through life changes.*
- *Explore beliefs and encourage positive thinking.*
- *Help look ahead and fulfil hopes.*

### The following activities may be used:

- *Group discussion*
- *Relaxation*
- *Creative activities*
- *Writing*
- *Reading*
- *Games*
- *Supportive listening*
- *Exercises*
- *Outings*
- *Movement*
- *Meditation*
- *Goal planning*

### People who wish to join this group need to:

- *Have a willingness to listen to others.*
- *Have a desire to address emotional issues as part of a group.*
- *Be committed to attending regularly.*
- *Respect the confidential nature of the group.*

*If you would like to attend the Pathways group for Women*

*Please fill in the form below, tear it off and send it to the address on the front of the leaflet. Someone will contact you in due course.*

*Mrs/Miss/Ms (delete as applicable)*

*Name:*

*Address:*

*Post code:*

*Telephone:*

*Date:*