

**Who is the group for?**

This is an on-going therapy group for women who have experienced a great deal of change in their lives and are finding it difficult to come to terms with the transition. Women joining the group have usually had some individual therapy and are aged 40 or over. They are ready to make further developments, to speak up in a group situation and support other members as needs arise.

**How does the group work?**

The key to change for many women has been in finding their voice, and speaking up when they are ready, although initially this may cause increased anxiety.

Through the telling of the their story to others who are willing to listen, the women in the group may make links with the past, make sense of the present, and are free to commit to new choices for the future. HOW this story is told is as varied, creative and unique as the individuals choose.

**Aims of the Group.**

To create a safe environment where women will explore their responses to life, clarify their needs and develop their capacity to manage change effectively.

**Requirements of group members:**

- To be motivated and realistic about potential change
- To commit to attend the group weekly and arrive on time
- To attend free of alcohol and drugs
- To maintain confidentiality within the group
- To work towards group and personal aims.

**What to do next:**

If you are interested in joining us, we will arrange an informal meeting to give further information about the group.

Please complete the reply slip and return to Liz Cartwright and Diana Pringle at the Department of Psychological Therapies.

Please send me an appointment to meet with the facilitators of the **Women’s Transition Group.**

Mrs/Miss/Ms (Delete as applicable)

Name:.....

Address:.....

.....

.....

.....

Post code.....

Telephone:.....

Date:.....

# WOMEN'S TRANSITION GROUP

*"Transition"  
passage ,change, from one  
place or state or act or set of  
circumstances to another.*



Mental Health Services



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