

SELF- AWARENESS CAFÉ

In High Peak

Self-Awareness Cafe is our new event for all those who are interested in expanding psychological & philosophical knowledge to enhance their personal growth and development.

If you would like to learn something new, meet interesting people and re-connect with yourself, Self-Awareness Cafe is the right place for you.

We will meet once a month to enjoy meaningful deep conversations in a safe space with like-minded people. Tea, coffee and biscuits included.

Venue location: Riverside Wellbeing Centre. 1 Market Street, Whaley Bridge, High Peak, SK23 7AA

Facilitated by Dr Tania Leigh PhD, BPSm Psychologist, and GPTI accredited UKCP registered Gestalt Psychotherapist

To learn more about Tania visit www.psychologist4you.co.uk or <http://www.riversidewellbeing.com/pages/collective.php#Tania>

Saturday 1st June 2019 11:00AM – 12:30PM

Topic: **Journey to Yourself**

“Each man's life represents a road toward himself”.

Herman Hesse

So, shall we do one step towards ourselves and rejoice.

Wherever we are from, whatever we do in life and regardless our sex, age and social status, we all sometimes need to slow down, recharge our batteries and, ideally, to review and make sense of our relationships, health and the current life situation.

We will discuss the ways of finding personal unique solutions to discover inner and external resources for positive change and better quality of life.

Entrance fee £5

To book, contact Tania

Email: leigh.tania@gmail.com or **07413 965813**