

Joya

Classes for adults

Parenting Classes

Defining a functional family! Structured exercises and playful re-enactments (rather than purely theory) are used to develop ways to deal with raising children who "push your buttons". These are not therapy groups but rather structured meetings geared towards finding practical solutions for challenging situations at home that repeat themselves time and time again, and undermine the atmosphere of safety and closeness, for the parents often just as much as for the children involved.

A series of 5 two-hourly group sessions fortnightly on Wednesdays 7-9 pm. Group size: never more than 8 -10 participants. It is important for the dynamics of the group that one is willing to commit to all five evenings. Feel free to call for more information, dates etc

Group Therapy Sessions

From the earliest age a lot of us had our curiosity, excitement, joy, fear and sadness shamed and our own ideas and opinions devalued, at home and/or at school. As a result we may have difficulty making choices and being contented with ourselves. The reason behind this is not necessarily because we have such terrible parents and teachers but because our society as a whole creates an environment that lacks the compassion and care needed for a child to grow up with a healthy sense of self respect and dignity. To quote Maria Montessori, "no social problem is as universal as the oppression of the child." Unfortunately it is not far-fetched to say that as a result we may also have difficulty creating and maintaining relationships that are wholesome and in which human love rises above the plane of possessiveness and need.

You will be invited to 'demystify' some family and cultural myths and experience that awareness is the first and most crucial stage of change.

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For more information, new starting dates etc. just get in touch by phone or email.

"The happiest of people don't necessarily have the best of everything. They just make the best of everything that comes their way" (Unknown)