

A Creative Development Group for Older Women

Starting September 2018 at The Old Coach House,
Healing & Wellbeing Centre, Marsden, West Yorks

Facilitated by Pam Winter BACP Accredited Counsellor
Meeting Monthly on Saturdays, 10.00am-4.00pm starts Saturday Sept 1st Cost £75 per day.
Participants required to commit to pay for all 10 sessions.

This group is for women interested in joining a safe, supportive facilitated group to connect with others, share our stories through writing and poetry, explore, express and create around themes and questions of self worth, wellness, ageing, empowerment, hopes and dreams.



"I have come to the conclusion that the most precious gifts women can give to each other are their personal stories. By sharing our experiences, our pains and joys, our fears, hopes and desires, we create a sacred space where we can find new strength" Isabel Allende quoted in 'Women of Wisdom'

Older Women Living Learning Leading

Living; What does it mean to age well as a woman in a culture that emphasizes youth at all costs? How do we live with increasingly challenging health issues? What resources and tools might help us?

Learning; How do we continue to grow as we age? Whether we are still working, retired or in the process of retiring, how do we tap into our creativity to support us in staying vibrant in body, mind and soul?

Leading; Do we still want to have a 'voice'? How might we share our wisdom with the world? What could being an older woman really look and feel like in our culture?

We will use poetry therapy, (reading/writing themed poems) creative writing, and time in nature as part of our explorations. (There will be no pressure to share the content of your own writing and fitness/mobility is not a pre-requisite for time in nature) Please ring Pam 07702504983 or email pamwntr@aol.com for more information and to arrange an informal interview for your place in the group. For more information about Pam and poetry therapy look at her website www.path-wise.co.uk