



**EMILY HARRISON**

COUNSELLING AND  
PSYCHOTHERAPY

# BEANBLOCK

# Listening Circle and Workshops

## **Who are they for?**

These groups are for parents and carers. We have a monthly group for parents with children under the age of one, where you can come with your little one if that suits you best. The workshops are for parents or carers with children of any age and are held around a different topic each month, so you can book on a one-off basis depending on what is relevant for you. New or existing customers of Beanblock are very welcome.

## **What is the listening circle like?**

Each session lasts an hour. We will start with a short introduction and relaxation/grounding exercise. There will be time for people to share what's on their mind or how their week has been... and we will see where that takes us! Previous members have found the group to be supportive and reassuring.

## **How are the workshops different?**

The workshops will also involve time for sharing, listening to others and grounding techniques. We'll also spend some time starting to explore the topic in question, but always from the perspective of your wellbeing and mental health.

## **How might they help me?**

The aim of both groups is to provide a space where parents and carers can feel supported, understood, and less alone - things which help with feelings of anxiety, low mood and isolation.

## **What if I have questions or want to book?**

Please email me (Emily) on [emily@emilyharrisontherapy.com](mailto:emily@emilyharrisontherapy.com) or call/text on 07730 769964. I am more than happy to answer questions or have a quick chat about whether this might suit you.