



SOCIAL NETWORKING

Being a psychotherapist, counsellor, coach, psychologist or mental health practitioner - especially in private practice - can often be a lonely and isolating place, can't it?

You don't see other practitioners often, might not have anyone to discuss ideas with (except in supervision) or you might wish to connect and discuss work-related experiences and information with other people. Maybe you don't want to talk about work but just want to meet with some like-minded others over coffee and have a chat about lots of other things.

Well, it doesn't have to be like that. We aim to have two socials networking events per year (summer and winter) in-between our more formal events, groups and meetings.

Social events mean that we can have a wee laugh and some fun too! That's really important! Socials are friendly, informal and fun. They offer time to chat, make new friends and a chance to relax for a while over a lunch or a yummy dinner. Socials take the form of: Coffee and Chat Clubs; Saturday Socialising Lunch; Drop-Ins; outings (e.g. attending a screening; play; other external event about mental health); and evening dinner. Other suggestions are welcome too!

Come along, relax, makes new friends and have a lovely lunch or afternoon tea and some laughs with other Members! Let's connect!

All upcoming events, groups and meetings are posted in the What's On section of the website.