

I am currently accepting applications for 2025. There is no longer availability for 2024. If you would like to be on a waiting list to be made aware of any cancellations for terms in 2024, get in touch.

Below you will find the term dates and times, as well as the theme for that session. Each session is 90 minutes.

2025

Term 1 - Mondays at 4pm until 5:30pm

1. 6th January - Introductions and reflections from break
2. 13th January - Neurodivergence and Identity
3. 20th January - Being perceived
4. 27th January - Masking and social roles
5. 3rd February - Navigating social relationships and the outside world
6. 10th February - Reflections from the term and potential endings

Deadline for application for term 1: Friday 29th November 2024

Term 2 - Mondays at 4pm until 5:30pm

1. 24th February - Introductions and reflections from break
2. 3rd March - Burnout
3. 10th March - Sensory processing and regulation
4. 17th March - Executive functioning
5. 24th March - Boundaries
6. 31st March - Reflections from the term and potential endings

Deadline for application for term 2: Friday 17th January 2025

Term 3 - Mondays at 4pm until 5:30pm

1. 14th April - Introductions and reflections from break
2. 21st April - Overwhelm and meltdowns
3. 28th April - Shutting down and withdrawal
4. 5th May - How do I feel? Why is this such a hard question?
5. 12th May - Interoception and our bodies
6. 19th May - Reflections from the term and potential endings

Deadline for application for term 3: Friday 7th March 2025

This page will be updated with future term information when it is available.