

~ Ties that Bind: Understanding Mother-Daughter Relationships ~

Mothers and Daughters can have a very special bond filled with many complex emotions, such as love, anger, resentment and competition to name a few.

This bonding relationship starts at birth, and sometimes Mothers and Daughters can become best friends and sometimes they can be enemies.

Whatever kind of Mother-Daughter relationship you have there is often room for improvement. Come along to a new discussion group for women and learn ways of understanding the Mother-Daughter relationship and the skills to improve your own.

Through discussions and experiential exercises the workshops and groups will explore the varying dynamics of their Mother-Daughter relationships which may include a mix of intimacy, irritation, autonomy and attachment.

Location: Melbourne

Format: Workshops and concurrent Mother/Daughter groups

Dates: 2010

Time: Daytime workshops and evening groups

Cost: Depends on workshop or group format

Contact: Diana Anderson: 0409 34 55 88 or Alicia Shaw: 0403 231 794

The workshops and groups will be co-facilitated by two therapists, who are also Mother and Daughter. Diana Anderson is a trained Family Therapist and Relationship Counsellor and Alicia Shaw is trained Provisional Psychologist specialising in counselling psychology.

We look forward to having you join us.

For bookings and enquiries please phone on the numbers above.