

Group commencing Monday 8<sup>th</sup> October

Problem Circle is a place to park your troubles that doesn't require any more courage than it takes for you to get there.

Problem circle allows you to be in community and share as much or as little as you like.

Each meeting will be shaped around the preferences of those present. Structured for comfort and safety, you are not required to be brave or vulnerable to participate, or benefit.

You can just **be**,  
(which we all know is harder than it sounds).

**Narrative & Expressive Arts informed practices and conversation, designed to put a little distance between you and your problems.**

Time: 7-8.30pm  
Cost: \$20  
Limited group size

Reserve a place  
E: [squarepegtherapy@gmail.com](mailto:squarepegtherapy@gmail.com)

