

Time for Change Group



The Time for Change Group is an intensive group experience with about 8 members in the group. It meets in Dartford on Monday and Wednesday afternoons, with a break after every 10 weeks. Participants can stay with the group for slightly over a year. The group enables people to look at past and present experiences, and how they can learn from these to make changes in their life and way of being. It has been found to be particularly useful to people who have a diagnosis of personality disorder.

To access the Time for Change Group ring the office on **01322 291380** or contact us