

THE SANCTUARY *Circle*

A gentle 5-week parent & caregiver community group
A space created just for you.



To pause.



To breathe.



To feel supported,
while you
carry so much.

I am inviting expressions of interest for a small, intimate parent and caregiver group offered through Sanctuary Play Therapy. This 5-week evening series will be limited to five participants, allowing for a safe, supportive, and genuinely connected experience.

EACH WEEK, WE WILL GENTLY COME TOGETHER TO:



Share and connect with others who understand the realities of caregiving



Reduce feelings of isolation through shared experience



Receive thoughtful, practical insights informed by play therapy



Close with a guided nervous system regulation practice

WHAT PARENTS SAY

"100% go. The resources and connections you come away with are worth it on their own."

"These regular meetings became the highlight of my week and something I looked forward to. Will miss them x"

SESSION DETAILS



1 hour
30-minute
sessions



Monday evenings
7.00pm - 8.30pm



Commencing
in October



\$70 per
session



If this resonates with you, I would warmly welcome your expression of interest.

**Please feel free to get in touch
via message or email.**

