Clevedon Men’s Group Ideas

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| January | 9th | Planning Session |
|  | 16th | Self compassion and dealing with our inner critic |
|  | 23rd | Relationships – coping with difficult people |
|  | 30th | Hearing voices |
| February | 6th | Living alone |
|  | 13th | Medication and attitudes towards it |
|  | 20th | Bipolar |
|  | 27th | Crying and showing emotion |
| March | 5th | Coping with unexpected change |
|   | 12th | Schizophrenia |
|  | 19th | Assertiveness skills |
|  | 26th | Depersonalization |

Any other suggestions?

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