

# The Spaces in Between...

## for Women in the work (WITW).

*Richard Rohr describes the emotional/life journey part of liminality as: "...an inner state and sometimes an outer situation where we can begin to think and act in new ways. It is where we are betwixt and between, having left one room or stage of life but not yet entered the next. I think, though, that it can be smaller than what Rohr talks about. You can enter these spaces every day when you pause and notice where you are, what you're doing, how you're feeling; when you take a breath between one task and another one, when you connect with just existing instead of focusing on thinking and doing..." Carrie Jones 2023. (Artwork: Clare Hartigan)*



In the busyness of life, work and family, rarely do we get to stop and be with those spaces in-between. The highs and lows, the excitement mixed with the self-doubt, the hard grit and the reward. This online group is for women who are working in the social welfare field (counselling, psychology, social work) and looking for a reflective space to:

- Take a deep dive (off the monkey bars) into growing self-awareness and self-compassion.
- Share challenges and successes, wisdom and skills.
- Be part of a small network of women with feminist values, who understand the ups and downs of the work.
- Gain resources and strategies to navigate the liminal space between personal and professional life.
- A focus on wellbeing and nurturing ourselves and each other.

A monthly online group, with a maximum of 5 participants. Sessions run for 2 hours and include the following:

- Brief meditation to ground self into the space
- Sharing space – space to check in, share struggles and achievements, share wisdom and resources.
- Art therapy/parts work process – the liminal spaces in between
- Wellbeing wrap up: Self-care strategy to take away for the month.

### Dates and times:

**Starting Tuesday 11<sup>th</sup> June 530pm-730pm ADT (Second Tuesday of the month ongoing)**

**Starting Friday 21<sup>st</sup> June 930am-1130am ADT (Third Friday of the month ongoing)**

(Face to face group in Southern Adelaide can be negotiated if there are enough participants – additional charges may apply to cover room hire)

### Cost \$90 per session

*(In order to create safety, this group requires a commitment of at least 6 months, with understanding that payment is required even if not attending. Parts of the group sessions can be recorded, with permission and recording shared)*

Email Mandy at [thrivecounselling@bigpond.com](mailto:thrivecounselling@bigpond.com) to book or for more information.



*Mandy is a Mental Health Social Worker with over 20 years' experience working in foster care, family violence, child protection and trauma work. She was also a respite carer for 8 years. She is currently working in private practice and consulting work in Dover Gardens South Australia.*



**MANDY FLINT**  
MENTAL HEALTH SOCIAL WORKER

ABN: 30 422 147 924  
DOVER GARDENS, SOUTH AUSTRALIA | MOBILE: 0430 544 470  
EMAIL: [THRIVECOUNSELLING@BIGPOND.COM](mailto:THRIVECOUNSELLING@BIGPOND.COM)

SCAN AND CONNECT

