

# There's No Place Like Home?

## **A monthly Encounter Group**

**Facilitated by Mark Russel**

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Some of the things we say about moving home:

'Home from home'; 'Home is where the heart is'; 'Feeling at home'; 'Settling in', 'An Englishman's home is his castle'; 'Celui qui a deux maisons perd la raison', 'The pain of loss', 'A change is as good as a rest', 'Losing your bearings'.

An invitation to share your experiences in a group around moving to France and living here. About what you've gained and what you've lost. The new opportunities, hopes and adventures that have come by moving here and the possible grieving for your former life that you left behind. You may be very much with other people in France or may be isolated and lonely, wanting to look at what helps you grow and what holds you back. You may have a wonderful new job and interests, or you may have lost your status, professional life and activities.

A time for meeting together with others who may have gone through similar experiences and where you can also accept their diversities and differences. A safe, confidential space where you can talk freely in a group about the present, past and future in your life. A chance to grow using the Person Centred Approach - with its principles of empathy, non judgement and genuineness - to explore: your strengths and weaknesses, certainties and doubts in a supportive and non judgemental environment.

A place where you can feel free and open to looking at where you are in your life, where you have come from and where you are going. Sharing with others what is similar and different in your experiences around moving countries, languages and cultures. An open space where you can express your emotions - pleasures, hopes, anger, fears, sadness and pains - around the changes you've experienced. Trying to find some clarity amidst the confusion and looking to the future and the challenges it holds.

All these experiences and feelings may well affect your relationships with others in your personal and professional life and you may wish to explore and talk about them.

If you feel interested in working in such a group, we will meet once a month, starting in June, for 3 hours either on a Thursday evening or Saturday afternoon in Paris (20<sup>th</sup> arrondissement near Nation).

This group is open to anyone wanting to talk about their experiences of moving to France.

Cost: 50 euros (some concessions available).

Please contact me by phone or e-mail for further details.