

# 'Pause Together

**LIMITED  
PLACES  
\*BOOKING  
ESSENTIAL**

## WOMEN'S PERIMENOPAUSE SUPPORT GROUP

You don't have to be alone on your menopause journey (especially if you're struggling).

Come and be with other women and learn how to care about yourself as you navigate this transition, feeling positive, confident and empowered.

SCAN QR  
CODE FOR  
DETAILS



Therapist, Mental Health/Wellbeing expert Denise will guide you through each session with wisdom, compassion and humour as you 'Pause Together and practice new ways of thriving through your menopause.

EMAIL FOR DETAILS/TO BOOK YOUR SPOT:

[\*\*DENISE@LIVING-MINDFULLY.UK\*\*](mailto:DENISE@LIVING-MINDFULLY.UK)

[\*\*WWW.LIVING-MINDFULLY.UK\*\*](http://WWW.LIVING-MINDFULLY.UK)



## OPTION 1: IN-PERSON

2nd and 4th Wednesday of month 7-8.30pm

Tesco Fratton Community Room (Donation only)

## OPTION 2: ONLINE VIA ZOOM

1st and 3rd Wednesday of month 7-8.30pm (£10)

Fortunately, menopause is now being talked about more and is better understood. But how many of us still suffer with the day to day reality of this transition or feel isolated and misunderstood? Do you feel lost, invisible and a bit clueless as to how to navigate this time in your life? Well you don't need to.

Whilst these drop-in sessions do NOT give out medical advice and aren't designed to share information about medication or psychiatric help, they ARE a safe place for women to come together to learn about their mental/emotional wellbeing with practical info. You will experience Mindful, Self-Compassion practices and exercises, meditation and the benefit of realising... "it's not just me and i'm not going mad!"

Do I need any experience?...no

Will you give me HRT/medical advice?...no

Will you make me talk?...no

What happens if I cry?...Come as you are, however you are

Do I need to bring anything?...just comfy clothes and maybe a notepad/pen

[If you need immediate help or feel unsafe please contact your GP or The Samaritans on 116 123, NHS urgent mental health support line or dial 999.]



## MORE INFORMATION ABOUT THE 'PAUSE TOGETHER SESSIONS:

Each 90 minute session will include:

- A guided grounding practice (ie meditation, breathwork, somatic practice)
- A brief talk on that sessions theme (ie anger, anxiety, how to advocate for yourself, self-criticism, relating to others, confidence, grief/loss)
- An exercise or practice that helps you explore the theme further
- The opportunity to share in small groups what you discovered and how you can work with challenges you face
- Sharing, bonding and relaxation (with space for laughter and tears)
- Support without judgement in an informal, expert led space, for women to 'Pause Together
- Signposting to other services/support agencies

*"I found it really helpful to take the time to hear from the others and also share my own experiences of perimenopause. I also appreciated Denise's humour, straight talking and skills leading the group. I will be back!" Sarah*



Denise Banks BA Hons (PgDip) is your group facilitator. A woman who cares passionately about helping women thrive, especially through their menopause journey. Like most women, she understands all too well how hard it can be at times. But you are not alone and you too can thrive, with practical, caring support.

