

Building a strong tower



A time to reflect upon the chaos of life
and to build up our inner resilience

Wednesday 1st February 2023

10 arrivals, 10.30 start, 1 pm end.

With Revd Caroline Risdon

Revd Caroline Risdon is a serving Priest in the Diocese of Southwark. Prior to ordination, she worked as a Specialist Mental Health Social Worker and has used this experience to facilitate training about Wellbeing and Mental Illness since 2010.

In this reflective session, we will contemplate how to build our own 'strong towers' to support and maintain our wellbeing in amongst the busyness and pressure of life, ministry...

Suggested donation: £15 – £30

Contact, information and booking

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