



Centre for Healthy Autonomy  
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## OPEN WORKSHOP INFORMATION

**Venue:** The Centre for Healthy Autonomy. You can find details about transport and accommodation on the FIND US page on the Centre website.

**Timings:** 10.00-5.30 both days. You can arrive on the Saturday any time from 9.00 on.

**Refreshments:** Coffee and tea provided. There are several local options for lunch and you can bring lunch with you and have it at the Centre.

Please note that the Centre workroom is a shoe-free zone. You might want to bring your own soft indoor shoes or socks with you.

If you have any difficulty getting there on the first day you can contact the relevant facilitator.

***Cancellations Policy:***

You can find this set out on the webpage.

Please be aware of the following:

- This workshop does not provide you with any qualification to work as a therapist or counsellor.
- If you are a professional the workshop may count for CPD dependent on your governing body's requirements.
- Being part of this event may involve emotional experiences. You are responsible for your participation.

If there is anything further you need to know please do not hesitate to contact me.

best wishes  
The Centre for Healthy Autonomy