



# Therapy- Beans & Banter

## Join Our Free Therapy, Beans & Banter Event: Building a Therapeutic Community for Self-Employed and Home-Based Therapists

☀️ You're Invited! ☀️

Are you a self-employed therapist or a therapist working from home? We understand that while our work is rewarding, it can sometimes feel isolating. That's why we're excited to invite you to our Free Coffee & Chat Event – an initiative aimed at building a vibrant, supportive therapeutic community.

### Event Highlights:

- **Build a Therapeutic Community:** Connect with fellow therapists and be part of an enriching community that understands your unique experiences and challenges.
- **Improve Therapist Well-being:** We believe in the power of community support for personal and professional well-being. Share experiences, offer support, and receive it in return.
- **Space for General Chat and Networking:** Engage in relaxed conversations over coffee. Discuss anything from daily life to professional interests. This is your space to unwind and network.

### Core Aims of Our Event:

1. **Community Building:** Foster a sense of belonging among therapists who often work in isolation. Let's create a network where we can share, learn, and grow together.
2. **Well-being Focus:** Prioritize your well-being as a therapist. This gathering is a reminder that taking care of ourselves enables us to better care for our clients.
3. **Networking Opportunity:** Make valuable connections, exchange ideas, and potentially collaborate on future projects or referrals.

### Event Details:

- Every 1<sup>st</sup> Friday of the Month
- Time: 10-11.30
- Venue: Scruton House, Newbottle Street Houghton Le Spring
- Cost: Absolutely Free!

Coffee and light refreshments will be provided. Just bring yourself, your stories, and your willingness to connect.



Whether you're looking for a sense of community, a chance to network, or simply a break from your routine, this event is for you. Let's come together to enrich our professional lives and personal well-being.

👉 RSVP now to reserve your spot! We can't wait to meet you and share a cup of warmth and conversation. ☕💬

#TherapistCommunity #CoffeeAndChat #NetworkingEvent #TherapistWellbeing  
#CalmTogether