

# EXPANDING COMPASSION

## Finding grace in a time of conflict



We are faced with many challenges as we live in a rapidly changing world in the grip of many kinds of crisis. Join us for six, three hour sessions, bi-weekly where we will have the opportunity to explore our personal challenges, create a culture of care in a group setting and move towards an understanding of how to find our own role(s) in our personal and collective transition.

**Participants will be guided by Psychodrama and Sociometry.** These methods were created by J.L. Moreno in the early 1900s. Psychodrama is a method which utilizes guided dramatic action to examine problems or issues raised in a group, or in individual counseling. Sociometry is a branch of the social sciences, based on the work of Moreno, which studies the formation and construction of groups and which features methods to describe and account for the interpersonal relations in groups.

**Where:** East York (Danforth and Dawes area)

**When:** Monday April 15, April 29, May 13, May 27, June 10, and June 24; 6pm-9pm

**Who:** We welcome a diverse group of participants.

★ **This group is best for those who have already begun their healing journey with a professional guide**

### Group Objectives:

- Gain deeper insights into personal relationships
- Develop skills for more effective and empathetic communication particularly with those whose experiences and viewpoints may differ from our own
- Foster emotional healing and growth within the context of relationships.
- Build a supportive network with fellow participants for ongoing personal development.
- Develop tools to counter despair and foster hope in our current context

## Facilitators:



### **Miriam Zachariah, MA, TEP**

Miriam has been a public school educator for 30 years and recently retired as an elementary school principal. Granddaughter of Dr. J.L. Moreno, creator of Psychodrama and Sociometry, Miriam is a certified trainer in psychodrama, sociometry and group psychotherapy. She is also a recognized trainer in restorative practices and Peacemaking Circles. The focus of her work as an educator, consultant and trainer has been on developing community in workplaces, intervening in conflict and supporting dialogue across differences.



### **Danielle Phegan AAMFT, RT**

Danielle has been working with groups, families, individuals and relationships of all shapes and sizes for 25 years. Rooted in healing for addiction and trauma, Danielle is a certified AAMFT therapist and registered with CRPO. She has trained in psychodrama for over 10 years, level one and two times level 2 IFS trained in Somatic IFS and IFIO.

When Danielle is not with her clients she loves to assist other trainers in teaching IFS. Danielle brings a passion for the work and a deep compassion for everyone she works with.

<https://courageouspassages.com>

## **To Register**

Please complete the application form, <https://forms.gle/CdNcEsdXkPAweq5G6> ; Danielle or Miriam will contact you.

★ Space is limited to 8 participants

## **Payment Details**

Flat fee of \$600 CAD for all six sessions, please contact us if you need alternative arrangements. Payments can be via E-transfer or Paypal to [courageouspassages@gmail.com](mailto:courageouspassages@gmail.com).

**This is a closed group, all participants are expected to attend all six sessions; fees will not be waived if you are not able to attend.**

## **Covid Risks & Mitigation**

\*based on current situation and public health guidance, this may change over time.

Vaccination: Encouraged

Masking: Optional

We trust that the group will self monitor and test if there are any symptoms or if they have been exposed to COVID and alert the group to any exposure. Masks are required if a participant is experiencing symptoms and testing negative.