

New Group for Ex Boarders in Hove

An in-person therapeutic support group with Karen Macmillan, starting in September. Open to any adult who went to boarding school and would like to understand their boarding experience and its impact on their life now within a supportive ongoing group.

Limited to 8 participants.

The group will meet fortnightly in central Hove (198 Church Road) from 6:30 pm to 8:00 pm.

Cost: £105 per 7 week block.

To reserve a place or to find out more, please email freshairbtn@gmail.com.

Dates:

Autumn 2024: Sep 25th, Oct 9th, Oct 23rd, Nov 6th, Nov 20th, Dec 4th, Dec 18th

Spring 2025: Jan 15th, Jan 29th, Feb 12th, Feb 26th, Mar 12th, Mar 26th, Apr 9th,

Summer 2025: May 7th, May 21st, Jun 4th, Jun 18th, Jul 2nd, Jul 16th, Jul 30th

(The group will continue in a similar pattern in Autumn 2025 – Summer 2026)

Karen Macmillan is a Transactional Analysis counsellor working in private practice in Hove and online. She spent her early childhood in Malaysia and attended an all-girls boarding school in England from the age of eleven. She completed Nick Duffell's The Un-Making of Them training in working with ex-boarders in 2017 and specialises in working with ex-boarders.