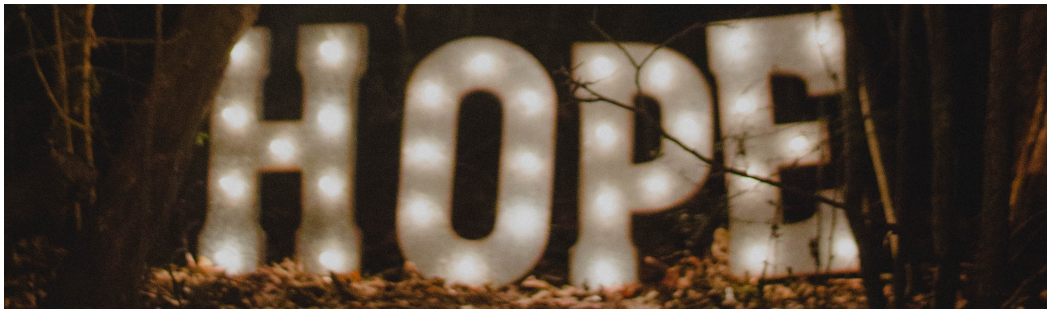




# Café CAT

Date : **Wednesday 30 January 2019**  
Time : **6.15 to 8.15 pm**  
Venue : **Salutation Pub, 12 Higher Chatham Street, Manchester M15 6ED (link)**  
Cost : **£5 on the door**

## Needing a little light to start off the year?



Join us for the first Café CAT of 2019 for a conversation about hope

- How do we find it and how do we lose it?
- What helps us communicate hope in therapy?
- Can CAT concepts and approaches help us get hold and make use of this precious resource for psychological survival?

CAT Practitioner **Rhona Brown** will start off the conversation at 6.15 pm. Join us with your thoughts and ideas, experiences and curiosity.

Feel free to bring along any images, objects, maps or diagrams, music, songs, poems, books – whatever you've found hope-promoting.

Hashtag: **#CafeCatalyse**

More details:



07842 137745



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[www.catalyse.uk.com](http://www.catalyse.uk.com)



@CatalyseC

Pub food available  
till 9pm  
Several car parks within 7  
mins walking distance

