

How this group can help?

What is a speaking group?

It is a place where speaking together is facilitated by psychologists. The group, including several persons in similar situations, supports you to put words on everything invading your mind and help you to build solutions. The Al Manba speaking group is open, meaning the participants are not always the same.

The psychologists assure a careful, peaceful and safe place and make sure everyone follows the group fundamental rules:

- **Respect** of each other, of the place and of everything said.
- **Kindness** and carefulness, the group is made for its participants to help each other.
- **Non-judgmental speaking**, if you really disagree or have something hard to say to someone, you can tell it to the psychologists who will act as mediators.
- **Confidentiality**, everything said here stay here, you can talk outside about topics but never about individual stories. The psychologists respect the professional secret.

What is it made for?

The speaking group should help you to:

- Develop solutions and build your own answers, by sharing experiences with a trusting group and understanding others points of view,
- Break isolation,
- Develop your ability to cope with your emotions and feelings,
- Encourage you to look for help when a situation or feelings overwhelmed you,
- Restore thinking process, that violence could have frozen,
- Create collective resources to support individual situation
- Identify your schemes and habits, your defenses and your resources,
- Identify value of supporting each other and restore self-esteem,
- Manage the obstacle and keep hope and determination.

How does psychology work?

When your head and your mind are full of heavy emotions, memories, obsessive or dark ideas or situations and challenges... it can feel like a too heavy bag to carry.

The psychologist's job is to help you deal with this heavy bag. Like doctors help for physical pains, psychologists help you taking care of your mind's pains and your feelings hurt.

For this, you need to know what's inside your bag. What's heaviest? What's cost you more energy? What emotions are linked to what situations?

The psychologists and the group will help you to open this heavy bag, take a look inside and speak outside what is causing pain.

If it's messy, we will work together on a better organization, to help you clear your mind from hard situations, feelings or questions linked to it.

When you will know better what is inside your bag, why it's there and how it works, you will feel strong enough to decide how to make it lighter, and to choose to let things go or to keep them with a new point of view.

Psychology can help you to understand your situation and emotions, and to deal with what it makes you feel. Its purpose is to help you to know how your mind works and to make your own choice in order to help yourself to carry your bag.

Psychological Permanence

Al Manba Speaking Group

- To all Persons in Migration process
 - Each Monday, from 6.30 PM to 8.00 PM,
 - at the Mille Bâbords place,
61 rue Consolat, 13001, Marseille
(6 minutes by feet from Al Manba)

For more information, you can contact us:
Mary 0650560158 or Marine 0636368464