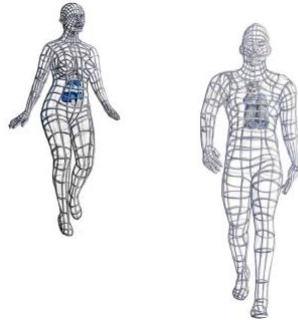


Group for Ex Boarders in Hove



An ongoing in-person therapeutic support group with counsellor [Karen Macmillan](#). 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 facilitated group.

Limited to **8** participants.

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

Cost: £105 per 7-week block. If there is space, it is possible to join during a 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.