



Co-counselling Arts and Well-being Day

Language

English

Co-counselling, Arts and Well-being Day by the Sea. 10.30 for Circle at 11am - Closing circle 17.00 A full day in which to explore your Art Form while co-counselling or to explore your issues through co-counselling using The Arts as a vehicle within your personal reclamation process. There is a keyboard and a guitar, art materials and recording equipment available to share. Please feel free to bring your own instruments, art materials and your co-creative voice and body to the venue, which is in Lilian's flat, facing over the Forth. The town of Kirkcaldy in the Kingdom of Fife is accessible from Glasgow, St.Andrew's and Edinburgh by bus. The bus stops near Lilian's door. There is also a regular train service from Edinburgh, Perth and places North and South. Buses and trains all pass through Inverkeithing where the Park and Ride is located. The airport bus also comes to Inverkeithing where transfer to the X58/X60 to Edinburgh or Kirkcaldy can be boarded. There is parking near the house. Lilian will make soup. Please bring food to share. Co-counselling in the flat or on the local beaches is possible. We also have access to Lilian's Attention Fife office and a rigg garden 10mins walk from the flat. Ding dong merrily on High! 'Twill be almost Winter Solstice. May all yer Holly Berries be red and yer Yule Logs burn brightly in a safe hearth. <3 .

Event Dates

Sunday, 19 December, 2010 - 10:30 to 17:00

Venue Details

Venue:

Lilian Brzoska's Flat

465d High Street

Kirkcaldy KY1 2SN

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Phone: 01592 566865 or 07765 841583

See map: [Google Maps](#)

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Contact Information

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Mary McCann in Edinburgh
