

Support Group for Highly Sensitive People



Are you highly sensitive? Do you often feel overwhelmed by your surroundings and the emotions of others? Join us for a supportive community based on the work of Dr Elaine Aron, a pioneer in the field of high sensitivity.

This group is for Highly Sensitive Persons (HSPs) seeking connection, insight, and resources to thrive in a world that doesn't always understand our unique gifts. Through meetings, discussions, and activities, we will explore self-care techniques, personal growth, and build relationships with like-minded individuals.

Come share your experiences and learn from others who truly understand what it means to be highly sensitive.

Lead by Psychotherapist & HSP Eva Deligiannis
Fortnight meetings , 10 session total cost \$250
Starting on Saturday March 15th 1-3pm, then fortnightly.
Group will be held at MIT 8 Mansfield Street Thornbury

Contact Eva to find out more on
0422 849 820 or by email
contact@changemaking.com.au
Register your interest via the QR code or
go the website [https://
changemaking.com.au/](https://changemaking.com.au/)





Support Group for Highly Sensitive People

This group is for you if :

- if you feel everything deeply and have trouble managing emotions
- Struggle at times to maintain your boundaries
- You are affected by the energy and moods of those around you
- Larger crowds and noise are overwhelming
- You are sensitive to criticism and may take things personally
- You are compassionate and deeply caring
- You have been told you are too "sensitive"

About the facilitator:

Eva is a clinically registered psychotherapist and certified Highly Sensitive Person coach. Eva is a High Sensitive Person too and is passionate about creating community for other Highly Sensitive People.

Find out more about Eva at <https://changemaking.com.au/>

