

WELCOME TO THE HEART-BASED CENTER BASEL

Roots and Wings

A Journey for Expats in Switzerland
Reconnect. Reflect. Grow.

[Für Endkunden](#)

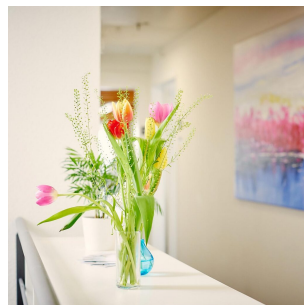
[Für Unternehmen](#)

[Book meetups](#)

More than a course – a space for you to feel seen, supported, and empowered.

Relocating to a new country isn't just a move — it's a full-body, full-heart experience. Between navigating a new culture, working/parenting/partnering in unfamiliar territory, and trying to find time for yourself, it's easy to feel **disconnected, overwhelmed, and alone**.

That's why we created **Roots and Wings** – a warm, professionally guided program to help you **find your footing, reconnect with your purpose, and rediscover your strength**.



What is Roots and Wings?

A unique **psychological and coaching journey** designed for expatriates living in Switzerland.

Led by experienced **therapists and coaches**, this small-group experience offers:

- Emotional support & connection
- Practical tools for resilience & self-care
- Coaching for personal growth
- A nurturing space to feel **less alone** and **more at home**

[Registration for meetups](#)

Program Dates & Location

Date 2025:

June 11, 18 & 25, 2025*

Time:

Wednesdays, 18:30–20:00

Location:

[Heart-Based Center, Güterstrasse 86, 4053 Basel](#)

*Attend all three Meetups or choose the ones that speak to you most.

What You'll Experience

Meetup 1 (June 11): Belonging & Identity

"Who was I? Who am I now?"

- Explore identity shifts in expat life
- Map your personal story of roots and belonging
- Connect in small-group sharing
- Mindfulness: feeling at home in your new life

[Book Meetup 1](#)

Meetup 2 (June 18): Resilience & Self-Care

"How do I take care of myself here?"

- Understand stress and resilience in expat life
- Learn practical tools for sleep, emotions, and regulation
- Share challenges and solutions
- Grounding and calming practices

[Book Meetup 2](#)

Meetup 3 (June 25): Growth & Integration

"How can I grow into this new version of me?"

- Guided visualization: designing your integrated life
- Identify a personal growth path

- Reflect on resources, strengths, and possibilities
- Create a symbolic action to anchor your journey

[Book Meetup 3](#)

Why Join?

- Because being abroad can be enriching... and also deeply isolating.
- Because amidst the responsibilities, it's easy to lose sight of yourself.
- Because you deserve space to pause, reflect, reconnect, and grow.

Details at a Glance

- **Format:** 3 live Meetups (90 mins each)
- **Where:** Heart-Based Center, Güterstrasse 86, 4053 Basel
- **When:** Wednesdays, June 11, 18 & 25 | 18:30–20:00
- **Language:** English
- **Led by:** Andrea, Elena & Ilaria — experienced psychotherapist and coaches
- **Special price:** CHF 78.- per each Meetup

YOUR — EXPERIENCED PSYCHOTHERAPIST AND COACHES



[Ilaria Di Ciccio](#)



[Andrea Gardner](#)



[Elena Zgurska](#)

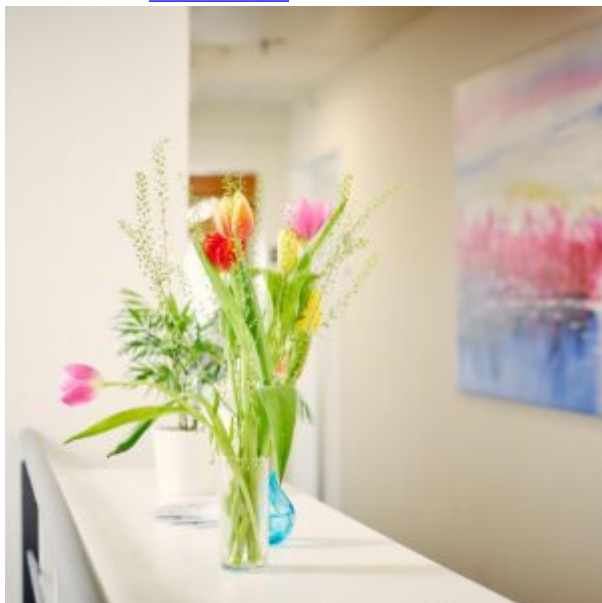
Ready to join the journey?

Reserve your spot now — spaces are limited to keep the group intimate.



Meetup 1 (June 11): Belonging & Identity

CHF 78.00 [Add to cart](#)



Meetup 2 (June 18): Resilience & Self-Care

CHF 78.00 [Add to cart](#)



Meetup 3 (June 25): Growth & Integration

CHF 78.00 [Add to cart](#)

or contact us at

[Call 061 555 11 11](tel:0615551111)

[Send E-Mail](#)

"Roots anchor us. Wings carry us forward."

Join us to feel more grounded, more uplifted... and more YOU.

Heart-Based Center Basel

Güterstrasse 86

4053 Basel, Schweiz