



Zoom Group Work

Therapeutic support groups aimed at improving young people's mental health and wellbeing.

Free therapeutic group sessions designed to help young people, aged 11-17, gain practical support in a group atmosphere where they feel supported and can benefit from being with other young people.



- Free 6 week program
- BACP registered counsellor
- Anxiety
- Emotional well being
- Building self confidence and self esteem
- Dealing with strong emotions (anger management)
- Exam stress
- DNA-v workshop



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