



# wellspring : empower

Empower is a **FREE** course for teens aged 14+ to explore, explain and improve self-esteem within a positive supportive group.

Is this course for you? It's aimed at teens who:

- Struggle to believe in themselves
- Want to learn strategies to improve their confidence and emotional resilience
- Want to understand how to self-calm and cope with stress
- Want to improve their relationships with others
- Want to have fun and enjoy good company
- Are able to attend each session



- 8 sessions on Thursday's 6:30-8pm on ZOOM. Next course starts **20<sup>th</sup> May 2021**
- Up to 12 young people ready to talk and listen to each other
- Run by Wellspring counsellors
- Themed sessions to guide discussion and activities and fun
- The sessions will help participants to identify their feelings and develop strategies for managing them. Group members will explore patterns of thought and behaviour that can cause them to 'get stuck'. Then with the help of the group, they will notice their own strengths and resources. They will develop a tool kit of strategies to help break old patterns and improve wellbeing.

Our aim is to create a safe and confidential space so young people can talk about real stuff and experience the positive power of group work.

'This was the best thing I ever did'

'I understand myself and other people better now'

'I feel more confident in school and in pressure situations'

For more info or to book contact Sarah and Beth – [empower@wellspringtherapy.co.uk](mailto:empower@wellspringtherapy.co.uk)

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