



STRONGER TOGETHER - Women's Group

Free to attend

In Bude & Launceston

See website, call, email or scan QR code for latest dates & times



TO ENQUIRE OR
BOOK - CALL OR
EMAIL:

📞 01566 701829 ✉ enquiries@castleandcoasttherapies.org.uk

🌐 <http://www.castleandcoasttherapies.org.uk>

What is Group Therapy and what can I expect?

- This is a safe, confidential, and non-judgmental space where we come together to support one another through life's challenges
- Whether you are dealing with anxiety, depression, or simply seeking connection and healing, you are welcome here
- We honour each person's journey and believe that through sharing, listening, and respecting one another, we grow stronger together

Session Topics:

- We will cover topics such as:
 - Depression
 - Anxiety
 - Loneliness
 - Communication skills
 - Problem solving/resilience
 - Self-esteem



Our Vision:

"To create a community where everyone has equal access to essential mental health support, regardless of their financial situation. We aspire to reduce the burden on NHS counselling services by providing accessible, low-cost counselling, fostering emotional well-being, and ensuring that no individual in Launceston and the surrounding areas is denied the help they need due to financial constraints"

