

# Empower

**In year 9 to 11?**

Want to feel better  
about yourself?

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

"It's proper relaxing"



8 sessions, all FREE



Talk about real stuff



Confidential space



Positive group work



Our next Empower course...

Thursday 25 January 2024  
6.00-7.30pm

Where..

Wellspring House,  
78 High Street, Starbeck,  
Harrogate, HG2 7LW

Contact Natalie & Kelly to find out more...

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[wellspringtherapy.co.uk/youth/empower/](http://wellspringtherapy.co.uk/youth/empower/)

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"I understand  
myself and other  
people better now"



**wellspring**  
therapy & training