

Empower

Are you aged 15–17?

Want to feel better
about yourself?

“I could be open, I could
talk and I knew people
would listen and
be respectful.”

“I learnt how to cope
with big emotions.”



Contact Matt & Jo to find out more...

✉ empower@wellspringtherapy.co.uk

☎ 01423 881 881

wellspringtherapy.co.uk/youth/empower/

Registered Charity, number 1100420, and a Company limited by guarantee, Number 4728609

Our next Empower course...

Thursday 17 October 2024
6.30-8pm

Where..

The Welcome Centre,
St. Andrew's Church,
High Street, Starbeck,
Harrogate HG2 7JE

“It was good to
understand the things
that weigh me down.”

8 sessions, all FREE



Talk about real stuff



Trained counsellors



Positive group work



wellspring
therapy & training