

Empower

Are you aged 13-15?

Want to feel better
about yourself?

“...no pressure to talk
about anything if you
don’t want to.”

“I feel more aware
of myself.”



8 sessions, all FREE



Talk about real stuff



Trained counsellors



Positive group work



Our next Empower course...

Thursday 29th January 2026
6.30pm-8pm

Where..

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

Contact Jo & Jane to find out more...

✉ empower@wellspringtherapy.co.uk

☎ 01423 881 881

wellspringtherapy.co.uk/youth/empower/

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“I love coming
because I feel seen
and I don’t feel weird.”



wellspring
therapy & training