COMMUNITY FUND

Empower

Are you aged 11-14?

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 30 April 2026
6.30pm-8pm

Where..

WellspringHouse,
78 High Street,
Starbeck, Harrogate,
HG2 7LW

Contact Jo & Kate 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