



## **YOUTHLINE COUNSELLING SERVICE**

### **Group Workshops at Youthline – Portman Close**

We feel very passionate about the service we offer to our young people and understand that our waiting lists are long.

To get our young people supported as soon as possible we are offering a 6-week workshop on stress and worry to interested young people in year 12. We have had tremendous success with these workshops in the past with positive feedback from our young participants.

#### **Type of Group Workshops**

The Youthline Group Counsellors will enable young people to focus on their concerns, giving them a mechanism to explore specific problems related to stress and worry, to help them make better more informed choices, to help improve their relationships and to work through difficult feelings in a professionally support space.

We will listen to views, experiences, and feelings without judgement in an atmosphere of mutual respect and empathy and offer coping strategies each week on how to regulate and cope with stressful life situations.

#### **When and How**

- The group will run every THURSDAY from 4-5pm for 6 weeks.
- Workshop Start Date: Thursday, 24th April 2025
- An hour each week on the same time and day at Portman Close in Bracknell
- A maximum of 10 young people from year group 8 & 9

More information about the group work can also be found on our website:

<https://www.youthlineuk.com/group-work>

We look forward to hearing from you.