



To book

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The Relationships Centre



Leicester, Leicestershire & Rutland  
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# FLOURISH GROUPWORK PROGRAMME

NOW AVAILABLE WITHIN SCHOOLS

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The Relationships Centre Leicestershire

## ABOUT US

The Relationships Centre (formerly Relate Leicestershire) delivers high quality mental health, counselling and psychotherapy services to adults, individuals, couples, children, young people, and families at their time of need.

We are proud to be part of the **Relationships England and Wales Network**, a collaborative national charity built on decades of trusted face to face and local service.

The Relationships Centre has been a **BACP (British Association for Counselling & Psychotherapy)** accredited service since 2003. We abide by the BACP Ethical Framework. The BACP is the professional association/body for members of the counselling professions in the UK.

## PROGRAMME DETAILS

Flourish is an **8 week programme** that is delivered by The Relationships Centre practitioners within schools to young people aged 11-18. There are a maximum of 8 young people in any group.

Our Flourish Groupwork Programme aims to equip young people with a better understanding of mental and emotional health, coping strategies and emotional resilience through a range of creative and engaging interventions.

The programme covers a range of topics:

1. Understanding anxiety
2. Coping strategies
3. Managing low mood
4. Challenging negative thoughts
5. Improving self esteem
6. Managing stress
7. Building resilience
8. Physical well being and responding to problems

**"Flourish has really helped me and made me aware that there are other people that feel like me!"**

**8 week programme: £1000**

**1 week of your choice: £130**