

THERAPY GROUP



Feeling overwhelmed,
stuck, or struggling to
cope?



Scan me

STRENGTHENING EMOTIONAL RESILIENCE GROUP



**TURNING POINT
TALKING THERAPIES**

**TURNING
POINT**
inspired by possibility





STRENGTHENING EMOTIONAL RESILIENCE GROUP

This group is designed for people who struggle with intense emotions like anxiety, sadness, anger and guilt, and find these emotions so overwhelming they interfere with moving forward with the life they want.

What to expect in the sessions

Over 12 sessions, you will take part in a structured programme based on Cognitive Behavioural Therapy (CBT) aimed at helping people to learn ways of working with emotional difficulties such as anxiety and depression.

Sessions include guided group discussions and brief teaching from experienced facilitators, all aimed at helping you understand how CBT can improve your emotional wellbeing.

You will learn practical strategies to manage distress, challenge unhelpful thinking patterns, and build confidence in coping with difficult emotions. You are welcome to share as much or as little as you feel comfortable - listening is just as important as speaking.

The group is offered in a safe and supportive environment. While regular attendance is encouraged to help you get the most from the programme, it's okay to take time to settle in and engage at your own pace.

Who will benefit

A supportive group to help improve emotional wellbeing and everyday coping.

You may benefit if you experience:

- Anxiety or low mood
- Stress or feeling overwhelmed
- Sleep or motivation difficulties
- Negative thinking patterns

Session content

The group sessions follow an evidence-based programme of CBT interventions designed to help you:

- Better understand the relationship between your thoughts, emotions, physical sensations, and behaviours
- Develop practical skills to manage difficult emotions more effectively
- Learn new ways of responding to emotional challenges and reducing unhelpful coping patterns
- Increase confidence in your ability to navigate life's challenges
- Improve emotional wellbeing and enhance your overall quality of life

This structured programme provides a supportive environment where you can learn strategies to help manage a range of common emotional difficulties, including anxiety, low mood, stress, and worry.

Benefits of Group Therapy

- Feel less alone and more understood by connecting with others
- Learn skills to manage thoughts, emotions and physical sensations
- Develop a greater sense of control, resilience, and confidence

For more information, phone **01924 234 860**