



Young Adults Psychotherapy Group

Psychotherapy is a talking therapy, it is the talking through of feelings and putting words to your emotions and behaviour that can help you understand your worries and difficulties; emotions can build up, leaving you feeling sad, angry, even frightened and confused.

Group psychotherapy combines professional psychotherapy treatment with peer support.

mind
in Hillingdon

Young Adults Psychotherapy Group

Personal issues are explored in the safe atmosphere of developing trust and confidentiality. Through the unfolding relationships in the group, you will gradually learn about your relationship patterns and establish new affirming ways of being with others.

Group psychotherapy will help you to:

- Communicate more openly in all your relationships
- Overcome negative relationships patterns and behaviours
- Be more assertive
- Deal with conflict maturely
- Build your confidence in social situations

-Hear other people say the things that you have not been able to voice

-Feel a sense of belonging

-Gain different perspectives

-Support others as well as helping yourself

Talking about feelings, can help shift and lighten the load of your worries and upsets.

Dates: Starting on 12th October for ten weeks and finishing on the 14th December 2022, every Wednesday from 5.30pm – 7.00pm
Venue - Uxbridge

For more information

Email: Mind@hillingdonmind.org.uk
Tel: 07512 075579

hillingdonmind.org.uk

Registered charity no. 1045701