



**CASTLE
& COAST**
Therapies



STRONGER TOGETHER -
Women's Group (Free to Attend)
Fridays starting 24th October 2025, 1pm-3pm,
Health Hub, Exeter Street, Launceston PL15 9EQ



**TO ENQUIRE OR
BOOK - CALL OR
EMAIL:**

📞 01566 770729 📩 enquiries@castleandcoasttherapies.org.uk
🌐 www.stepintolearning.org.uk/castle-and-coast-therapies

What is Group Therapy and what can I expect?

- This is a safe, confidential, and non-judgmental space where we come together to support one another through life's challenges
- Whether you are dealing with anxiety, depression, or simply seeking connection and healing, you are welcome here
- We honour each person's journey and believe that through sharing, listening, and respecting one another, we grow stronger together

Session Topics:

- Friday 24th Oct - Self esteem
- Friday 31st Oct - Problem solving/resilience
- Friday 7th Nov - Communication skills
- Friday 14th Nov - Managing loneliness
- Friday 21st Nov - Understanding anxiety
- Friday 28th Nov - Understanding depression

Our Vision:

"To create a community where everyone has equal access to essential mental health support, regardless of their financial situation. We aspire to reduce the burden on NHS counselling services by providing accessible, low-cost counselling, fostering emotional well-being, and ensuring that no individual in Launceston and the surrounding areas is denied the help they need due to financial constraints"