



Other Sources of Support

Depending on your situation, the following agencies and organisations may be able to provide additional support.

STAR Helpline	0330 678 2873
Samaritans	116 123
Rape Crisis	0808 802 9999
National Suicide Prevention Helpline UK	0800 689 5652
Victims Care Service	0808 178 1641
Domestic Abuse	
Victim Services	03300 165 112
Paragon DV	0800 916 9878
Crisis Team	0330 123 3924

IN AN EMERGENCY DIAL 999



How can I contact STAR Counselling?

Please contact us on:

Telephone:
01329 760260 or 02392 794357

Email:
youcounselling@theyoutrust.org.uk



YOU: a charity, creatively empowering people to thrive in their communities.



Registered Address:

Delme 1, Delme Place,
Cams Hall Estate
Fareham, Hants
PO16 8UX

www.theyoutrust.org.uk

The YOU Trust is registered in England no. 1898188 and is a registered charity no. 291489

you Counselling Centres

Support Groups

About our Groups

Our groups give you the opportunity to learn more about yourself, others and the world around us.

Our group facilitators provide a safe environment for all group participants, each week a different topic is taught and discussed. The various groups run every 6 weeks and what group you attend will depend on your counselling journey. As you can see overleaf there are several groups, these run at a variety of time-slots and days. Our sessions are either face-to-face or online depending on your preferences and availability.

The services we offer are private and confidential. We will tell you more about this when we meet for the first time.

Some of the topics we focus on are:

Understanding of what boundaries are and how important a role boundaries play for our own personal wellbeing. Learning what compassion is to enable you to implement compassion for yourself. An understanding of different attachment styles and what they mean to us.

What are core beliefs? And how do we understand them? For more information please do email us and we will share all the topics we look at in each of the groups.

For more information:

Call us free on: 0800 121 4690

youcounselling@theyoutrust.org.uk

Facebook: @STARCounsellingCentre

Starting with YOU

These groups are here to provide you with some support while you are on our 1:1 counselling waitlist.

Topics include:

- Trauma
- Window of Tolerance
- Attachment
- Relationships
- Boundaries

Growing with YOU

These groups are here to provide you with some extra support alongside your 1:1 counselling

Topics include:

- Core Beliefs
- Compassion
- Guilt, Blame and Shame
- Loss & Letting go



STAR-Light Steps

These groups are stand alone groups and separate from the groups which you would have when you are either waiting for therapy or in therapy. The STAR-Light Steps are available once you have finished your 1:1 counselling and will give you the tools to find the confidence, self-esteem and purpose in life, these groups are also CPD accredited.

Topics Include:

- Self-respect
- Confidence
- How you judge yourself
- Forgiveness
- The Power of Self-Esteem and Purpose
- Relieving pressure and stress

Retreats

Once a month on a Saturday, we hold wellbeing retreats for our clients. These retreats are a calming safe space for clients to relax and enjoy time doing different activities and being a part of a group.

The different activities might involve yoga, sound therapy, kintsugi, meditation, creating mindfulness jars and more.

Feedback

'Group therapy is such a powerful thing. I have learnt so much about myself by attending groups'

'I recognized unhealthy coping strategies and have been able to be more aware of the seeds I water'

'Our session on anger was useful as it allowed me to be more reflective'