



Phone 07584201837

Or email admin@sensingfriends.org

Young Refugees In-Nature



Woman's Emotional Support Group

☀️ Are you a young female refugee aged between 13-25 years?

☀️ Do you feel it might help to talk about how your feeling but in a comfortable safe space with others who share what you have been through?

☀️ Do you enjoy nature and being in the this relaxing space?

If so this in-nature small therapeutic emotional support group might be just for you.

What We Will Do On The Day

- 🌻 A space to talk about and share your feelings with others who also want to share their feelings around the past and what's happening now.
- 🌻 A space to cook together and share a lovely delicious lunch
- 🌻 A space to enjoy nature and get involved in growing food and eating it
- 🌻 A chance each week to talk to a helpful emotional support counselor in a one to one private space, in nature, if you want to and feel it might help

When and Where

The group will be held at Weald Avenue Allotments, Old Shoreham Road, Hove.

https://maps.app.goo.gl/vd9DW53zDpxD9E9C9?g_st=ic

Saturday 14/10/23 from 11.30am-2.00pm

Saturday 21/10 23 from 11.30am-2.00pm

Saturday 28/10/23 from 11.30am-2.00pm

Saturday 04/11/23 from 11.30am-2.00pm

Saturday 11/11/23 from 11.30am-3.00pm

To find out more please contact Sensing Friends on 07584201837 or visit our counselling page on our website and scroll to the bottom of the page and click on the link to make a self referral to Sensing Friends, stating in the referral form that you

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are interested in the young refugee emotional support group. Please see the link to our counselling page below.

<https://sensingfriends.org/counselling/>