

# Find Your Tribe

## Interactive Group Therapy Sessions



Find relief & connection  
with our **fun-filled** group therapy  
session for teens & young adults!

Feel happy,  
cheerful & proactive

Visualise a  
better you!

Feel safe, confident  
& super powerful

### OUR GROUP THERAPY SESSIONS HELP

- Connect, Share & Heal along with each other.
- Take control of yourself.
- Discover new coping skills
- Boost your mental health.
- Learn to manage Stress & Anxiety
- Improve your overall wellbeing
- Safe, supportive space for young adults

**Sign up for our group therapy session now  
& start your journey towards healing and connection.**



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