



**you** Counselling Centres

## Other Sources of Support

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

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Victims Care Service	0808 178 1641
Domestic Abuse Victim Services	03300 165 112
PARAGON Hampshire	0800 916 9878
Crisis Team	0330 123 3924
Samaritans	116 123

**IN AN EMERGENCY DIAL 999**

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## How Can I Contact STAR Counselling?

Please contact us on:

**Telephone:**  
**01329 760260**

**Email:**  
**[youcounselling@theyoutrust.org.uk](mailto:youcounselling@theyoutrust.org.uk)**



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

## Registered Address:

South Wing, Admiral House  
43 High Street, Fareham, Hants PO16 7BQ

**[www.theyoutrust.org.uk](http://www.theyoutrust.org.uk)**

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



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**STAR Counselling**

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**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, and each week a different topic is taught and discussed. The various groups run every 6 weeks and which group you attend will depend on your counselling journey. As you can see overleaf, there are several groups. These run at a variety of timeslots 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 in 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? 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.

Telephone: **0800 121 4690**

Email: [youcounselling@theyoutrust.org.uk](mailto:youcounselling@theyoutrust.org.uk)

Facebook: [facebook.com/STARCounsellingCentre](https://www.facebook.com/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 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 standalone groups, separate from the groups which you would have when you are either waiting for 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 confidence, self-esteem, and purpose in life. These groups are also CPD-accredited.

Topics include:

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

## Feedback

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

*“I always find these sessions very helpful.”*

*“Provided me with an understanding of how I manage conflict.”*

*“Realising where I am feeling stuck and working through it.”*

*“I recognised 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.”*