



southmeadproject

**Pre-counselling Groups**  
are open to anyone on the  
**Southmead Project waiting**  
**list for counselling**

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# Pre-counselling Groups

**For survivors of abuse who**  
**are on the Southmead Project**  
**waiting list for counselling**

**Southmead Project**

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**southmeadproject.org.uk**

# FREE PRE-COUNSELLING GROUPS



## For survivors of abuse who are on the waiting list for counselling...

We run psychoeducational groups in-person at the Southmead Project. Unlike a therapy group, this structured course will use a mixture of information sharing, and input from group members in a range of areas, including:

- **How trauma impacts** the body and brain
- **Coping strategies**, such as mindfulness and grounding techniques
- **Establishing healthy boundaries**
- **Managing trauma symptoms** such as flashbacks, anxiety and panic
- **Identifying and managing triggers.**



## What to expect?

- A **warm** and **friendly** welcome with refreshments in a safe and comfortable environment.
- Run by **experienced** trauma-informed counsellors.
- Each group will be mixed gender for **up to 10 people**.
- They will take place **every week for 8 weeks** on Tuesdays at either 10am-12pm or 2-4pm.

Please call or email us to register your interest. Participants will be contacted by our team to be offered a place.

