

REBOUND RESILIENCE

*Building resilience and moving towards living a fuller life
6-week programme*



This 6-week programme is geared towards helping individuals, including adults and young people, build resilience and grow their capabilities to overcome difficulties.

Based a lot on CBT models, as well as coaching and mindfulness strategies, this programme is packed full of gems that will help all participants to take positive steps in the right direction.

Some of the topics covered are:

- Resilience and mindset
- Mind and mood
- Handling change, stress and emotional first aid
- Self-esteem
- Resilient relationships and communication
- Self-care

FINDING HOPE IN GRIEF

*A safe space to journey with grief
6-week programme*

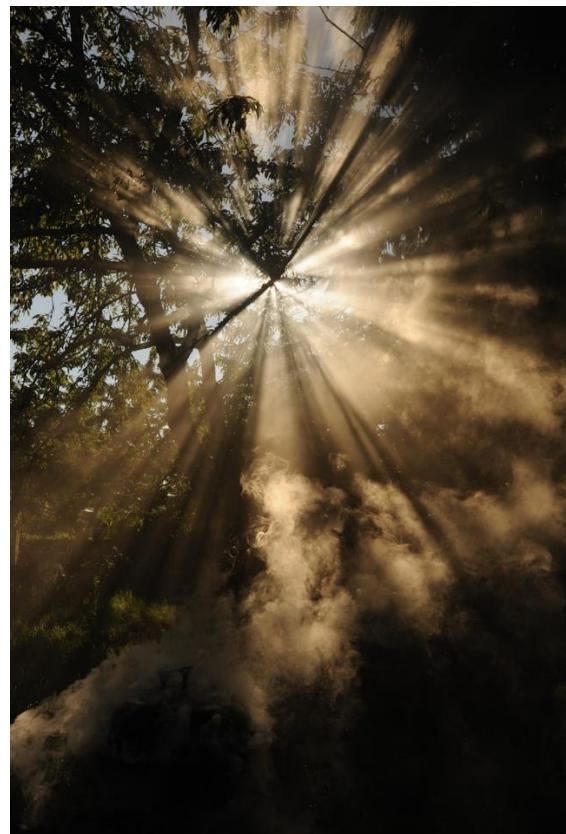
This 6-week programme is designed to normalise the intense impact of grief.

The programme helps participants understand their individual experience of grief and learn new ways of problem solving, self-compassion, and resilience.

It is our hope that individuals who engage in this programme will know the support of their peers, living in the reality that 'No one journeys alone'.

Topics explored are:

- Adjusting and adapting to a new normal
- The past, present, and future
- Living with the here and now
- Rebuilding and next steps



TRAUMA RECOVERY

Healing from the past and learning to feel safe again
8-week programme



In this 8-week programme individuals will learn more about the impact of past trauma experiences.

Survivors of trauma may struggle with anxiety, anger, low mood, guilt, shame, or a chronic sense of numbness.

Some people may re-live the experiences in nightmares, flashbacks, or intrusive memories, while others may re-experience the distress through 'feeling' flashbacks or certain bodily sensations when reminded of the past.

Participants will leave each week with practical skills they can use to help ground themselves in the present and regain a sense of safety and hope for the future.

Topics covered over the 8-weeks are:

- Managing flashbacks
- Reducing nightmares & improving sleep
- Lifting mood, soothing anxiety, and distress
- Improving self-esteem

SUPPORTING PARENTS, HOLDING FAMILIES

Encourage, equip and empowerment of parents and families
6-week programme

This programme is not 'just another parenting programme', but rather a group that will meet for 6 weeks with the aim to encourage and support individuals on their parenting journey, regardless of their family structure.



Drawing on the resources individuals already have within; participants will also leave with new tools and techniques to help them feel empowered and able to continue to lead and support their families.

Some of the topics explored are:

- Understanding feelings and emotional regulation
- Foundation and attachment styles
- The importance of play for both parent and child
- Family structures



FREEd Indeed

Monthly support group

Following on from the FREEd programme participants can join the FREEd Indeed support group which is a monthly support group for both sufferers and carers. The group meets monthly via Zoom.

There is an educational element where topics are explored, and members are equipped with tools and resources. It also provides connection and support to the group members where they give and receive support and offer each other hope, inspiration, and encouragement.

THRIVE

Wellbeing group

A safe space to learn and support each other on a journey to 'Thrive'



Thrive is a weekly ongoing group, run by counsellors which aims to provide a therapeutic and safe space for individuals to flourish and improve their wellbeing.

It is suitable for anyone who wants to learn more about their mental health and grow in resilience, and beneficial to those who are isolated or are struggling with mental health issues. It can be used as a 'step down' from individual therapy.

The group is open to a small number of new members on a regular basis.

FREEd

*Freedom Recovery and Education for eating disorders
6-week programme*

Eating Disorders (ED) do not discriminate, they affect all ages, genders, and backgrounds. They include anorexia, bulimia nervosa, binge eating disorder (including all other variations).

FREEd is a 6-week programme, delivered via Zoom for those experiencing an ED and/or those who are caring for or supporting someone with an ED. This programme is designed to inform, educate, and resource participants and is led by both counselling professionals and those who have lived experience of the journey themselves.

The topics covered over the 6 weeks are:

- Dissolving the Mystery: What are Eating Disorders?
- Distortions, Truth or Lie: Thoughts, Sensitivity, Perfectionism
- Thawing the Numbness: Facing Emotions
- Nutrition: The Mind and Body in Conflict (including Body Image)
- Finding Hope & Freedom: Stories of Full Recovery
- Next steps to Freedom: Resources & Relapses?

For more information:

Group programmes are offered in most Links centres located across the Southern and Northern Trust areas.

For more information or if you are interested in any of the programmes above, please contact our Head Office on 028 3834 2825 or email info@linkscounselling.com.

All our group programmes are designed to educate, support, and resource participants and is led by counselling professionals. Apart from Thrive, the programmes are not classed as group therapy.

There is no charge for attending the programme, but we encourage participants to make a voluntary contribution towards the Links Charity.

What else we do:

Links Counselling Service is a charity that exists to make counselling support accessible to everyone within the community. We offer professional counselling for children, young people, adults, and couples to ensure that no one journeys alone.

We have several centres located within communities across the Southern and Northern Trust areas.

We take self-referrals as well as referrals from GPs and other professionals.

To make a referral for counselling, please contact the Head Office on 028 3834 2825 or visit our website www.linkscounselling.com and click on 'Get Counselling' to complete the referral form.

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