



Young Women's Therapy Service

1-1 Therapy for Young Women 18-25 years

Help for women,
hope for everyone.

Young Women's Therapy Service

What is it?

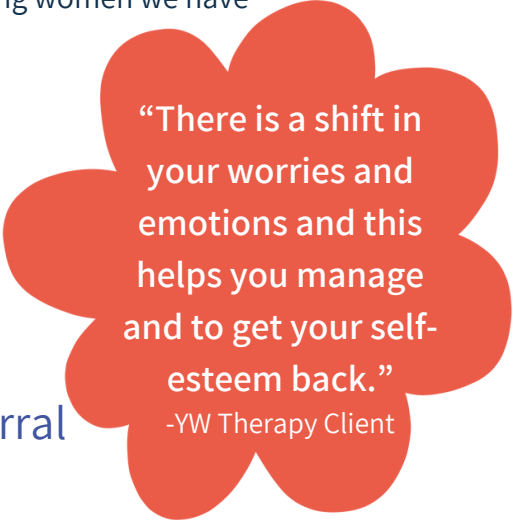
A free, confidential, women only service offering 12-weeks of 1:1 therapy for young women aged between 18 -25 who have experienced trauma in early life which may be impacting on their relationships with others and their mental well-being.

Who might benefit from this service?

Young women in need of time, space and tailored support from an experienced Therapist to come to terms with past experiences and make changes to improve their current circumstances.

There is no 'typical' client but some young women we have worked with experience issues around:

- Managing feelings
- Relationships
- Boundaries and self-care
- Attachment and family
- Drugs and alcohol



“There is a shift in your worries and emotions and this helps you manage and to get your self-esteem back.”

-YW Therapy Client

Get in touch or make a referral

Call: 01273 696970, option 3

Email: youngwomentherapy@oasisproject.org.uk

Website: www.oasisproject.org.uk/young-womens-therapy