

GROUP THERAPY SERVICES

Our unique group therapy sessions offer a safe space to explore anger, build resilience, and develop practical coping strategies. Facilitated by registered counsellors and psychologists, these groups are designed to support healing and personal growth. This program is exclusive to our service and tailored to empower young people on their journey forward.

OUR SERVICE

- ✓ Group Therapy
- ✓ Mentor Support
- ✓ Registered Facilitators
- ✓ Evidence-Based

REGISTER NOW

coastcaresydney.com

