



Group Counselling



Welcome!

Our online group sessions offer a warm, supportive space to connect with others who share similar experiences and goals. Whether you're navigating personal challenges, seeking motivation, or looking to rebuild confidence and community, these groups foster connection, insight, and growth in a safe and guided environment.

Each group runs as a two-month "chapter," giving you eight 2-hour sessions of collective support and reflection. Together, we explore tools, stories, and techniques that encourage real change — and lasting empowerment.

What the Sessions Include

Duration: 2 hours per session

Frequency: Once a week (8 sessions per chapter)

Mode: Online only (via Zoom or Google Meet)

Group Size: Maximum of 6 participants

Approaches Used: Narrative, Solution-Focused, and CBT/DBT-Informed Techniques

Focus Areas:

Personal growth and self-development

Stress management and emotional regulation

Navigating life transitions

Coping with emotional challenges or past experiences

Pricing & Packages

Single Session: R450

Package of 5 Sessions: R2,000 (save R250)

Package of 10 Sessions: R3,900 (save R600)

Group Options

Women's Empowerment Group

A space dedicated to women ready to reclaim their voice, confidence, and safety. Together, we explore themes of empowerment, boundaries, GBV awareness, healthy relationships, and emotional recovery.

Focus Areas:

- Understanding and asserting your rights
- Healing from trauma and rediscovering self-worth
- Building meaningful, supportive friendships
- Advocacy and awareness for women's safety



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Growth & Support Group

This group is for anyone seeking encouragement, insight, and balance. It's a space to unpack everyday struggles, reconnect with yourself, and learn from others walking a similar path.

Focus Areas:

- Managing burnout or stress
- Overcoming emotional blocks
- Building resilience and motivation
- Reconnecting with purpose and values

How to Book

Visit [Bloom Haven Wellness](https://bloomhavenwellness.co.za) or email nicole@bloomhavenwellness.co.za to schedule a session.

Payments can be made via [list accepted methods].

Additional Notes

Sessions are confidential and tailored to your unique needs.

If you need to reschedule, please provide at least 24 hours' notice.

Disclaimer

All sessions are facilitated by Nicole Bailey (Reg. No: WC25/17299), a registered Wellness Counsellor with ASCHP.

Counselling provides support and coping strategies but does not replace medical or psychiatric care.

All sessions are confidential and tailored to your needs, All prices are correct at the time of publication and may be adjusted as services evolve.