



Online Virtual Group & Individual Coaching

A Confidential & Empathetic Environment to Ignite Community & Healing

EMPATHY IS NOT CONNECTING TO AN EXPERIENCE.

***Empathy
is connecting
to the emotions
that underpin
an experience.***

If You or Someone You Know
is Struggling
[Email Us Today](#)

Facilitator



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Sofia Capria, M.Sc., CRC, CSI, A-CRA is an internationally certified Recovery Coach and Interventionist, with over 10 years experience in the addiction treatment field. She specializes in behavioral and mental health for young populations, teaching emotional regulation and relapse prevention. She combines an action-oriented, solution-focused approach with empathetic understanding to help her clients achieve optimal well-being in all areas of life.

Online Support Group for 13-17 year olds

A confidential online support group for young people aged 13-17 who want to break isolation, connect with peers, support and strengthen change even when their surrounding environment remains uncertain, share common experiences and difficulties, and learn healthy coping skills.

A safe space to discuss daily struggles of life at home and challenges to emotional well-being, guided by a professional coach who has first-hand experience with what you're going through. Together you will learn ways to manage emotional distress, improve behavioral patterns, build self-esteem, develop communication skills, and set boundaries in relationships

What

Virtual group coaching is a confidential place where you can talk about what really matters to you with others that relate to your experiences. Group sizes are a minimum of 3 and a maximum of 9 people. Each group is 60-minutes and runs for a total of 6 weeks.

When

Wednesday at 6:30pm UK time

Information

Please visit www.werise.co.uk or
sofiacapria@gmail.com