



## 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 Young Adults

A confidential space for young adults aged 18-30 who desire community and support when physical connection with others is restricted. A safe and non-judgmental space in which one can share their personal experiences and learn how to cope with stress, anxiety, uncertainty, overwhelm, and career and financial insecurity.

Join like-minded individuals who are facing similar challenges, with the guidance of a professional coach who has expert insight as well as first-hand personal experience of what you're going through. Together you will learn ways to manage emotional distress and develop skills for optimal mental and behavioral functioning.

### 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

Thursday at 6:30pm UK time

### Information

Please visit [www.werise.co.uk](http://www.werise.co.uk) or  
[sofiacapria@gmail.com](mailto:sofiacapria@gmail.com)