

Our groups

NO LIMITS
Helping Young People
Help Themselves

Art Group

This group aims to give you a greater sense of your feelings and emotions through a judgement free, relaxed and safe environment. In a typical group session, you will have the time to create whatever you want on a theme or topic, with a chance to share with the group if you are ready.



Anyone aged 16-25 in Southampton who would benefit from exploring their feelings through art.



Wednesday 5:00 – 6:30pm
Friday 2:00 – 3:30pm



The Treehouse, 34 The Avenue,
Southampton

Understanding Trauma

In this 10-part course for young people we explore the key questions you have about how trauma affects us mentally and physically, and also how it affects our relationships and community. This group is built on the belief that with greater awareness, we have the ability to learn and grow.



Anyone aged 18-25 who is trauma-experienced and would like to deepen their knowledge.



Friday 4:00 - 6:00pm



The Treehouse, 34 The Avenue,
Southampton

SHINE

Providing a safe place for young women to meet weekly for support, as well as being an opportunity to make new friends, have fun, develop your skills, get inspired and learn more about yourself.



Young people aged 18-25 who identify themselves as female



Wednesday 3:30 - 4:45pm



Our Advice Centre

Emotional Resilience

This nine week long group covers understanding and identifying emotions, the responses to stress and physical effects of emotions, negative thinking, triggers, self-esteem, and self-compassion.

Once you have completed the Emotional Resilience course, you will be offered a place on the optional Emotional Awareness follow-on group.



Anyone aged 11-25 with lived experience of mental health



Ages 11-15: Tuesday 4:30 - 6:00pm

Ages 16-25: Tuesday 6:30 - 8:30pm



The Treehouse, 34 The Avenue, Southampton

Safe Haven Wellbeing Sessions

Our Southampton Safe Haven team offer group support through our Wellbeing Sessions, where the team can help you to improve your wellbeing through games, crafts and other activities.



Anyone aged 11-27 in Southampton who would like to work on their mental health and wellbeing and reduce the chance of crisis in their life through informal sessions.



Monday 3:30 – 4:30pm

Friday 3:30 – 4:30pm



35 The Avenue, Southampton

Groups require a referral form to sign up and attend. Scan the QR code below to refer.



@nolimitshelp

nolimitshelp.org.uk

02380 224 224

enquiries@nolimitshelp.org.uk

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Refer