

# SHINE

**NO  
LIMITS**  
Helping Young People  
Help Themselves

A safe place for young women aged 18-25 to meet weekly for support

SHINE is a group for young people who identify themselves as female.

It is a safe space for you to meet for support, as well as being an opportunity to make new friends, have fun, develop your skills, get inspired and learn more about yourself.



Some of the group topics you can expect are:

- Self-esteem
- Self-care
- Relationships
- Games
- Music
- Mental health

# How to join SHINE

SHINE sessions run weekly at our Advice Centre on Southampton High Street.

To join SHINE, fill in a referral form on our website at [nolimitshelp.org.uk/get-support](https://nolimitshelp.org.uk/get-support).

## Further support

Open six days a week including two evenings, you can drop in to our Advice Centre without having to make an appointment and speak to one of our youth workers about any issue you have.



Advice Centre



SHINE and other groups



Refer



@nolimitshelp

[nolimitshelp.org.uk](https://nolimitshelp.org.uk)

02380 224 224

[enquiries@nolimitshelp.org.uk](mailto:enquiries@nolimitshelp.org.uk)