

#Unfiltered Group

Who is this group for:

- Young people aged 11–16 who want a safe space to explore their thoughts, emotions, and sense of identity
- For those experiencing low self-esteem, self-doubt, or who want to build confidence, self-awareness, and healthier self-talk

What this group is about:

- Learning to recognise and challenge unhelpful thinking patterns like negative self-talk
- Exploring the difference between inner critic and inner coach voices
- Building positive affirmations, identifying personal strengths, and developing healthy coping strategies
- Celebrating self-expression, uniqueness, and emotional wellbeing through creative, reflective activities

