



SHINE

DEVELOP SKILLS TO SUPPORT YOUR OWN EMOTIONAL WELLBEING, BUILD RESILIANC AND CONFIDENCE

The SHINE service offers early intervention support to all 11-17 year olds in Stockport to provide information, advice or guidance regarding their emotional wellbeing. The service includes:

- A Wellbeing Group
- An Arts & Creative Group
- Signposting and Advice



Register or refer to SHINE
07878 835 627
shine@beacon-counselling.org.uk



SHINE

WELLBEING GROUPS



TUESDAYS OR THURSDAYS
4:30PM - 6:30PM



Stockport Advocacy
48 Middle Hillgate
Stockport
SK1 3DL

BEACON SHINE WELLBEING GROUP

Develop skills to support your own emotional wellbeing, build resilience and confidence. Weekly themes over 12 weeks supporting you to provide further insight into ways in which you can best look after your emotional wellbeing and can include creative activities, problem solving, boxing taster sessions and mindfulness.

Register or refer to group at 07878 835 627
or via shine@beacon-counselling.org.uk



WEDNESDAYS
4:30PM - 6:30PM



Arts For Recovery in the
Community
Hat Works, Wellington Mill
Wellington Road South
Stockport, SK3 0EU

ARC SHINE ARTS & CREATIVE WELLBEING GROUP

Explore your creativity through the visual arts – painting, drawing, collage, mixed media and more. Over the course of the 12 weeks, you'll get to opportunity to learn some new skills, meet other young people who are also interested in visual arts and get to explore your own creativity all under the expert guidance of a professional artist.

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