

Managing Emotions Group

**STARTING Tuesdays from
27th January 2026**



This group is for:

Young people between the ages of 13 to 17 living with a long-term health condition

**Tuesdays
4pm-5pm**

Facilitated by:

Dr Rachel Holliss
*Specialist Clinical
Psychologist*

and

Riddhi Shukla
*Trainee Clinical
Psychologist*

Managing Emotions Group

This group will:

Give you an opportunity to meet other young people with a physical health condition and share ideas in a small group

Help you to learn new skills to deal with difficult thoughts and feelings

Help you to discover what you really care about and do more of what matters to you

To register or to access more information about the group please contact your teams psychologist or email:

phs@uhbw.nhs.uk

With Managing Emotions Group as the subject

ONLINE GROUP

The link will be sent to you by email once you have registered.

This is a 6-week course:

Session 1

27th January

Session 2

3rd February

Session 3

10th February

--- One week break ---

Session 4

24th February

Session 5

3rd March

Session 6

10th March