



Sprout

Sprout is an 8 session course developed by Spurgeons to support young girls with their wellbeing and personal growth.



How do I apply?
EMAIL
CYTREFERRALS@SPURGEONS.ORG

Through guided conversations, the course supports them to explore and reflect on friendships, body image, emotions, safety, and healthy relationships.

SPROUT builds confidence, resilience, and practical skills to help girls feel empowered and ready for their future.

