Fortnightly sessions
6:00 PM - 7:30 PM (Online)

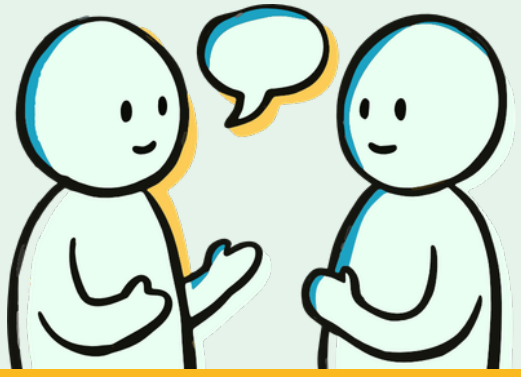
Sessions start on
9th February 2026

Stronger Together

A fortnightly, six-session facilitated group programme for people living with a CSF Leak

Being diagnosed with a CSF Leak can be frightening, demanding, stressful and lonely.

There may well be times when your own mental health needs get lost or over-looked in the midst of caring for, and meeting the needs of others.



Stronger Together provides a supportive, confidential space to share experiences, the ups and downs, and to feel less on your own. The sessions offer practical and emotional support alongside the opportunity to create trusted bonds with other group members.



The sessions will be facilitated by:

Zubyda Azzam UKCP Accred.

Zubyda is registered with the United Kingdom Council for Psychotherapy and has worked as a Senior Counsellor with Rareminds for since 2020. Since joining our team she has worked with people impacted by a variety of rare conditions and is passionate about the therapeutic potential of group programmes.

There will be a maximum of 12 participants, on a first come, first served basis.

For more information and to reserve your place please visit here

raremínds
Mental Health for the Rare Condition Community

csf leak association