



Supporting children,
young people and families

**A fully funded project supporting
the emotional wellbeing of children
and young people aged 5–18 years**

fsncharity.co.uk

Who is My Time for?

Children and young people living in the Hastings, Rother and Eastbourne areas.

What we offer

- Tools to learn coping strategies
- Increased self-awareness
- Raise self-esteem and confidence
- Help reduce feelings of isolation
- Improve understanding of mental health issues and emotional wellbeing
- Support to reduce anxiety and difficult feelings

What Happens in Groups?

My Time creates a safe place for children and young people to share and explore their thoughts and feelings. This is delivered through creative therapeutic activities and group discussions delivered by trained staff and volunteers.

My Time

Type: enquiriescyp@fsncharity.co.uk

Talk: 01424 377123 / 01424 377111

Visit: FSN St Nicholas Centre

66 London Road, St Leonards on sea, East Sussex
TN37 6AS

Registered Charity No: 208446



Registered with
**FUNDRAISING
REGULATOR**

