

My Time Now
can help with the following
ANXIETY

**LOW MOOD** 

**LOW SELF ESTEEM** 

**LOSS & CHANGE** 

**RISKY BEHAVIOUR** 

**PROBLEMS AT HOME** 

**PROBLEMS AT SCHOOL** 





For further information please contact:

Rebecca Wilson Green

My Time Manager

Tel: 01424 855222 Ext: 211

rwilsongreen@fsncharity.co.uk

Vikkie Hamilton
My Time Now Group Leader
Tel: 01424 855222 Ext: 201
vhamilton@fsncharity.co.uk

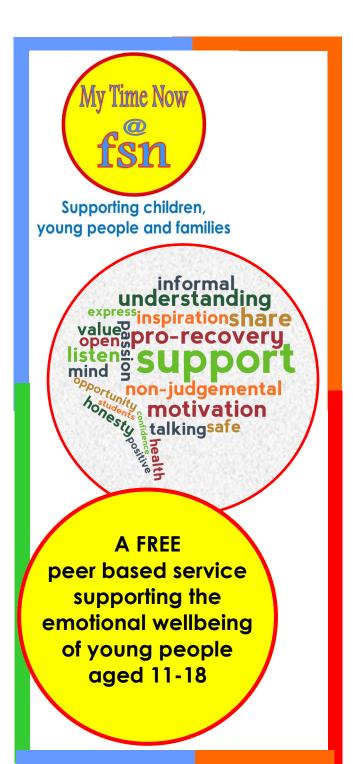
FSN Robsack Centre
Bodiam Drive
St. Leonard's on Sea
TN38 9TW

**Charity Number 208446** 











## **MY TIME NOW**

Is a free therapeutic service which offers peer group support sessions. We have a holistic approach which includes creative ways of supporting vulnerable teenagers.

Sessions will be held across schools and other venues around Hastings and Rother



## **Peer Group Support**

Peer groups help encourage young people to talk to other young people of the same age who may be going through similar experiences. Being with others can help reduce feelings of isolation knowing there is someone else who will understand



Supporting children, young people and families

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me to boost my self esteem and it's helped me to talk to people a bit more." (13yr. Old)

"**My Time Now** has helped me to cope with my issues and learn that I'm not alone" (14yr. Old)

"My Time Now has helped me develop different ways to cope and meet new friends" (14 yr. old)



## **Referrals**

can be made by telephone, email or letter, either directly to us, through the schools or via GP/CAMHS

## **Group Sessions**

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A 10 week programme with attendance for 1 hour per week. Groups run in schools or at local community venues, and provide space for young people to explore their feelings, develop coping skills, increase self-awareness, raise self-esteem and confidence, improve understanding and reduce the stigma round mental health and help to reducing feelings of isolation And loneliness.