



My Time Now
can help with the following

ANXIETY

LOW MOOD

LOW SELF ESTEEM

LOSS & CHANGE

RISKY BEHAVIOUR

PROBLEMS AT HOME

PROBLEMS AT SCHOOL



Supporting children,
young people and families

For further information please contact:

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Charity Number 208446



LOTTERY FUNDED



Supporting children,
young people and families



**A FREE
peer based service
supporting the
emotional wellbeing
of young people
aged 11-18**

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



"My Time Now has helped 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

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.