



Supporting children,  
young people and families

## My Time Too! aims to:

- Reduce isolation
- Raise self-esteem
- Increase confidence
- Improve relationships
- Provide ways to cope
- Improve communication
- Look at changes in behaviour



Supporting children,  
young people and families

For further information  
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A peer support  
service to help  
children aged  
7—11 years cope with  
family breakdown,  
loss or separation



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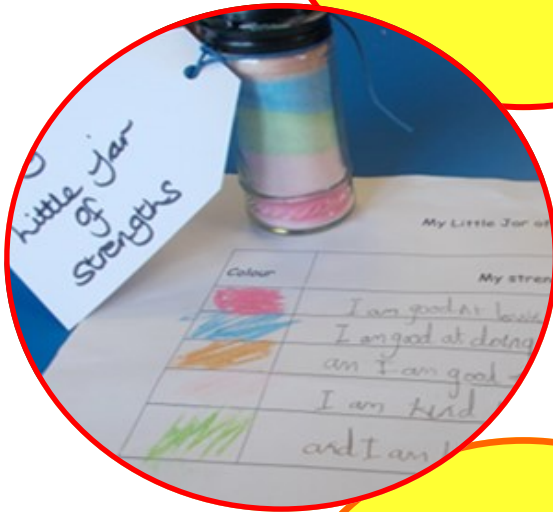
**1 in 33  
children show  
symptoms of  
depression**

**"My child has gained  
confidence and now knows  
they are not lone or isolated  
with their issues".**

**"My daughters self  
esteem has increased learnt  
strategies which she uses".**

**Long term  
physical illness  
changing schools  
moving home  
loss or  
bereavement**

**LITTLE JAR OF  
STRENGTH**



**VOLCANO OF  
FEELINGS**



**School troubles  
Family breakdown  
Friendship problems  
Social isolation**

**My Time Too!  
can help**

**Any or all  
of these can lead  
to changes which in  
turn can lead to you  
feeling sad, angry,  
lonely and  
confused**

