



## 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



For further information  
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Referrals can be taken over  
the phone, by e-mail  
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supporting children,  
young people and families  
for 80 years



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

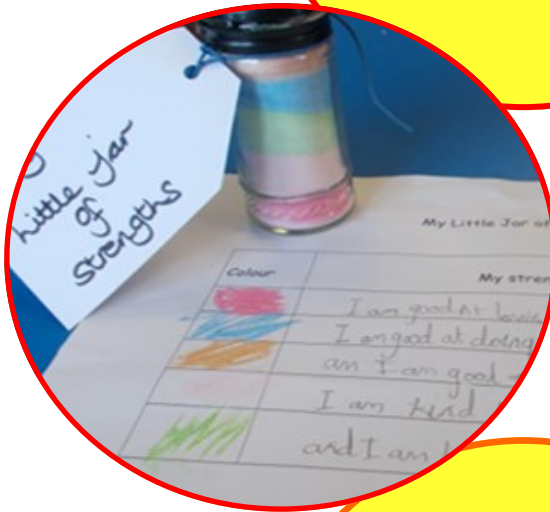
1 in 33  
children show  
symptoms of  
depression

"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