



## **Weekly Membership Group**

Groups run weekly and young people can join as members and drop-in for support for up to one year from enrolment.

## **Referrals**

Can be made by professionals, young people or their families via FSN's website or by direct contact with the team (details on reverse).

## **TIME TO BE**

A fully funded service for young people 15-19 years. Offering a weekly drop-in group for members. We have a holistic approach which includes creative ways of supporting vulnerable teenagers.

Activities offered  
In line with

### **5 Ways to Wellbeing.**

Opportunities for physical exercise, creativeness, life skills coaching, relaxation and mindfulness techniques, healthy eating and sleeping, along with strategies for coping with stress.

## **Peer Mentors**

Groups are facilitated by qualified youth workers and supported by trained peer mentors.