

Barnardo's Works West

BARNARDO'S WORKS

DIGITAL

A 6-week virtual programme for young people aged 16-19yrs to reconnect with local services and their community.

- **Week 1 & 2- Two virtual appointments with dedicated Project Worker to build positive working relationship!**
- **Week 3 & 4- Virtual group work twice a week, led by Project Worker. The focus of sessions will be to improve mental health, emotional well-being, and build peer relationships.**
- **Week 5 & 6- Face to face group sessions. The focus of sessions will be raising aspirations, building resilience and increasing motivation. We will then support young people transition into a suitable employability programme!**

Referrals or more info:

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