



Family Support Link

Supporting families' in Northamptonshire affected by another's substance misuse.

Because I Matter Too!

A new project supporting young people

between **9 and 14 years old**

who are impacted by another person's

substance misuse

Starting in Corby

Monday 29th July to Thursday 1st August

and

Monday 5th August to Thursday 8th August

From 10:00am til 1:00pm

St Johns Church Hall, Church Walk, Corby

For further information contact: -

Email: - Fslcontact@yahoo.co.uk

Phone: 01933 224 632 (between 10am and 3pm)

www.familysupportlink.co.uk



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Family Support Link: Young People's Project 9-14 years

Family Support Link are delighted to offer a free structured programme aimed at young people aged 9-14. In addition to facing the usual teenage trials, our young clients' lives are touched by others' drug or alcohol use. The aim of the project to give them access to peer support, the opportunity to develop new skills, nurture talents and most importantly have fun!

Where?

Young people are invited to attend the project which will commence on **Monday 29th July to Thursday 1st August and Monday 5th August to Thursday 8th August from 10:00am to 1:00pm at St Johns Church Hall, Church Walk, Corby Old Village, NN17 1XF**. For further information or to request documentation in relation to this, please contact us on 01933 224632.

Referrals

Should you feel that this group would benefit any of the young people you work with, please contact us at fslcontact@yahoo.co.uk or by calling the number above.

NB Candidates do **not** need to be existing clients of FSL but must be affected by someone else's drug / alcohol misuse and they must be able to get to Corby as transport cannot be provided.

Parental/guardian consent must be provided via completion of a Consent Form which must be returned prior to any young person attending the project. Consent forms can be requested by contacting the above telephone number.

About the sessions

The content of the sessions will vary depending on the needs of the group, however, here is an idea of what our sessions can involve.

- First week- team building activities
 - Physical activities
 - Relaxation Skills
- Cooking with a trained chef
 - Healthy Relationships
 - Inspirations- you can do it
 - Arts and Crafts
- Lights, Camera, Action- a film project
 - Support toolkit
 - Music taster session
 - Confidence building
- Final session- certificates, celebrating achievements.

Next programme to start in July 2019