

YOUTH DEVELOPMENT PROJECT

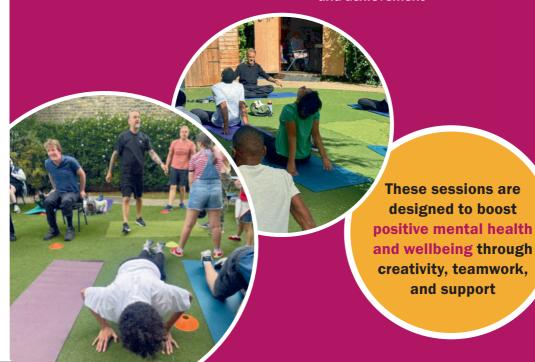
WELLBEINGWORKSHOP

Supporting
Mental Health
& Wellbeing for
Young People

WHAT'S IT ALL ABOUT?

The **Youth Development Project** offers a safe, inclusive space where young people can:

- ✓ Build confidence and leadership skills
- Develop social connections and friendships
- ✓ Take part in fun, engaging activities
- Feel a genuine sense of belonging and achievement



WORKSHOP SCHEDULE

Each workshop runs for **6 weeks**, with

2-hour sessions every Wednesday.

There will be **7 workshops** in total throughout the year.

WEEK 1: ALL ABOUT ME

WEEK 2: MAKING SENSE OF SENSES

- DELIVERED IN PARTNERSHIP

WITH DISCOVERY COLLEGE

WEEK 3: COOL DOWN CREW

WEEK 4: I AM AWESOME!

WEEK 5: LET'S TALK & GUEST SPEAKER

WEEK 6: SHINE TIME



- ✓ Young people aged 13-25
- ✓ Diagnosed with Autism and/or a learning disability
 - Experiencing mental health difficulties
- ✓ Living in Hammersmith & Fulham, RBKC, or Westminster

HOW TO SIGN UP

Book a place via Plinth. Scan the QR code below.



Or contact Jolita Anupreviciute for a referral form.

Email: Jolita. Anupreviciute@hfmencap.org