



**SUMMERHOUSE SERVICES**  
'Supporting Brighter Futures'



(Developing Resilience In Free Thinking Spaces)

**An After School Preventative, Supportive and Fun Resilience Training Programme and Social Space for Young People 12 – 15 Years (10 Weeks)**

**Aim** - Have a safe, supported and social space in which to have fun and make friends, explore personal understanding of resilience and mental health and acquire a toolkit of techniques with which to build and maintain personal resilience levels and positive mental health.

**Outcomes**

- Understand and have a positive awareness of general mental health and its relationship to resilience levels, from a holistic perspective, with particular reference to young people between the ages of 12 – 15 years.
- Have a safe space in which to explore mental health issues affecting a young person's world e.g. Self Harm, Eating Difficulties, Anxiety and Low Mood and Low Self Esteem.
- Identify the possible causes and effects of stress and its impact on health.
- Practice a range of coping techniques to deal with potentially stressful situations.
- Know how to maintain and support personal mental health and resilience in creative and fun ways.
- Make new friends and develop effective social and communication skills.
- Know where to find appropriate sources of help and how to self refer.
- Understand how to be a supportive friend and how to look after themselves within that.

Starting Wednesday 29<sup>th</sup> September  
4.45 – 6.45  
10 Weeks

At The Black Cat Surf Club Café  
Plymstock Broadway Shopping Centre

Refreshments Provided  
£3.00 Per Person Per Session

**Booking Required**

Please contact Penny on 07869173154 or email [summerhouse.services@gmail.com](mailto:summerhouse.services@gmail.com)

Summerhouse Services is a Plymouth based non-profit organisation dedicated to the holistic promotion of positive mental health for children, young people and those that inhabit their world, through a range of person-centred, creative training and support services. We work across Plymouth, the South West and wider region in person and virtually when required.

[www.summer-house.org](http://www.summer-house.org)

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