

Can **you** help us **make a difference** in a young person's life?

Did you know that our services are entirely funded by grants, donations and gifts from people like you? We receive no statutory funding from the government or council - we have to raise every penny that we spend.

There are various ways you can support our work, you can make a donation at our website by visiting <https://teentalk.org.uk/donate> or just use the QR Code shown

Alternatively you can donate £5 now by texting TEENTALK to 70450. Texts will cost the donation amount plus one standard network rate message, and you'll be opting into hearing more from us. If you would like to donate but don't wish to hear more from us, please text TEENTALKNOINFO instead.

Did you know you can give everytime you spend online using easyfundraiser.co.uk who will give small percentage of your spend - at no cost to you? Simply visit <https://easyfundraiser.co.uk/causes/4youth> and set up your account.



4Youth (South West)

Registered charity number: 1147394
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www.teentalk.org.uk



Support and counselling for young people



One-to-One Counselling

Short term confidential therapy - Children and young people have counselling for lots of reasons, you may want to learn how to manage feelings like anger and sadness, you may be coping with loss, struggling with your friendship group, or just don't feel right and want to feel better. Counselling is a time to talk about what is important to you and find out how to cope with the challenges you face. Counselling is 'your space' to discover the things that matter to you. If you feel that TeenTalk might be for you, please see the website and fill out a referral form.

Delivered in Melksham, Chippenham, Westbury and Trowbridge by qualified counsellors. For ages 10-25.

Group Therapy

Do you get anxious and feel awkward in social situations. Do you want to have more self-confidence? Do you want have support and guidance whilst you develop new skills with other people? Come along to our free group therapy sessions in Melksham. Together with a small group of other young people you can explore your social anxiety, how it affects you and solutions to it. Learn new skills and try them out with other young people in a safe space (something you don't get from 1-2-1 counselling). You will be encouraged to feel more confident talking to other people, develop better communication skills; form positive, healing friendships; improve your relationships with others and reduce stress. Referral form on our website.

Delivered Monday 5.30pm-6.30pm, The Canberra Centre, Spa Road, Melksham. Ages 11 - 18.

Controlling Anger Workshop

Held over 8 weeks a small group of young people can investigate their reactions, look at their feelings and behaviour and find better ways to cope with their emotions. Using a positive, non-blaming solution focussed approach, a qualified counsellor will help the group to think why they act the way they do, develop self-awareness, reflection and relationship skills. This course is very collaborative with input needed from young people at the outset and support from parents throughout the course. For this reason, referral must come with the permission of both a parent and the young person. See the website to make a referral.

Delivered Monday 3.30pm-5pm, The Canberra Centre, Spa Road, Melksham. Ages 11 - 18.

HeadStrong Youth Club

Have you had therapy and want an environment to make friends and develop social skills? Our youth club is the place for you. Monday night at The Canberra Centre, Melksham is our HeadStrong Club. Open to young people 11+ who have had counselling/therapy. Counselling can have been provided by Teentalk or any other source whether private, NHS or charitable provision. A great place to chat and make friends, join in the activities you want to and have a chill in a safe space. If you feel that you aren't confident enough to go along to a regular youth club, then come along to HeadStrong. Led by youth workers and counsellors. No referral is needed, turn up and complete a membership form, that's it.

Running Monday 7pm to 9pm and subs are £2 per night.