

Children and Family Wellbeing Service

'Moving On'

Moving on to High school can contribute to feelings of anxiety, worry and stress.

Our Moving On Programme supports young people struggling with the idea of transitioning to High School and will cover...

Communication

Building Positive

Relationships

Self Esteem

Self confidence

Making sense of
feelings

Peer pressure

Our 5-week course is running over the summer holidays at;

Monday – Westgate Neighbourhood Centre 3-4pm

Thursday – Lune Park Neighbourhood Centre 3-4 pm

Friday - Poulton Neighbourhood Centre 11-12pm

Ring 01524 581281 for more info and to book a place

