



Journey of Hope

All children and young people deal with difficult situations and even traumatic events in life in unique and different ways. There is benefit from learning new and more positive ways to manage after these life events.

Journey of Hope is an 8-week groupwork programme designed to help children and young people to learn positive coping mechanisms, develop resilience and confidence.

Your child or young person will be in a small group of 5-10 participants.

They will only do and say what they feel they can and want to.

No-one outside of the room will know anything about a session or what is said in the sessions, (unless there is a risk of harm coming to your child).

Each session will explore a different theme or emotion, through games, activities and supportive opportunities to talk.

No-one is left out and each child is invited to join in as much as they feel able to in each session.



**For more information: the Place2Be contact
at your child's or young person's school.**

