



Time For Me

The West Early Help Hub is offering a 6-week Time For Me Group Programme.

It is aimed at children who have experienced or witnessed hurting in their family.

- To offer children an opportunity to understand and process their experiences and emotions in a safe environment, without fear of upsetting their parents.
- Through the support of our group, children should be able to identify unsafe behaviour, understand it is not their fault and gain confidence to express and process their emotions.
- Moreover, participation is likely to encourage young people to develop their support network, decrease feelings of isolation and implement robust safety plans.

Details

Start date: 28th January 2025

End date: 4th March 2025

Time: 4pm – 5.30pm

Venue: Barnet and Southgate College
7 Bristol Avenue
London NW9 4BR

Contact number: 0208 359 3510



Child and
Family
Early Help



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