

# Youth Action Diversity Trust presents Behavioural Support Service



Welcome to the YADT Behavioural Support Service. Being a young person in today's world is challenging and here at YADT, we understand that some young people need a little extra support to help them get a positive start in life or overcome obstacles along the way.

We aim to help young people with the issues that affect them. These can be a number of issues such as anger management, social anxiety, improving confidence, enhancing communication and dealing with stress. The Behavioural Support Service can be delivered as one-to-one behaviour support or as group workshops.

If you are a parent, carer or professional and would like to refer a young person, please contact us for a referral form. If you are a professional who would be interested in our group sessions please contact us for more information. Please see over the page for our fees.

## **For more information and to book, please contact:**

North Cray Neighbourhood Centre  
1 Davis Way Sidcup DA14 5JR  
020 8308 3862

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## One to One Support

The one-to-one support service gives young people the freedom and safety to explore issues that affect them on a more personal level. After an initial assessment has been made, weekly sessions will be booked with the young person to support them with their issues and/or concerns.

We charge £40 per session for this behavioural support and all our meetings take place at the North Cray Neighbourhood Centre which is neutral ground for most families. This is for young people aged 8 to 17 years.

## Group Sessions in Schools

The workshops are designed for groups of up to 6 young people and are structured so that the main themes are covered across six, 1 hour sessions. Each session costs £60 per group. The age range for these workshops are 8 to 11 years and 12 to 17 years.

**Introduction to Communication Skills:** Young people will learn about effective communication, using verbal and non-verbal communication. The workshop is designed to help you understand and enhance your communication skills, allowing you to communicate more effectively in all aspects of your life.

**Exploring Confidence and Self Esteem:** Young people will explore ways to improve their natural confidence and self esteem.

**Introduction to Anger Management:** This workshop looks at the causes and triggers of anger and provides young people with the tools necessary to control anger. This includes looking at scenarios and identifying personal triggers.

**Introduction to Resolving Problems and Stress Management:** Young people will look at the process for resolving problems and will complete practical problem solving tasks. They will explore ways to solve the problems life throws at them and look at different ways to manage stress.

**Team Building and Leadership:** Young people will explore why it is important to be able to work as a member of a team and identify their own role within a team. The young people will work as part of a team to complete team tasks.

Visit **[www.YouthActionDiversityTrust.co.uk](http://www.YouthActionDiversityTrust.co.uk)** for details of all of our courses



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