




Help teens to

 Discover their strengths and passions

 Build communication skills

 Learn to relate to others

 Break down barriers preventing progress

 Manage their emotions

**CHOOSING A FUTURE
THAT IS RIGHT FOR YOU**

We'd love to have a chat

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 safe.org.uk

HiWCF
LOCAL GIVING FOR LOCAL NEEDS

Charity No. 1088357
Company No. 04189876
Registration No. 09873448

Registered charity and company in England
29 Carlton Crescent, Southampton
SO15 2EW, United Kingdom

Teens New Futures

**WELLBEING AND
EMOTIONAL SUPPORT
FOR 13-16 YEAR OLDS**





UP TO 6 MONTHS
FREE SUPPORT



FOUR WEEKS OF
GROUP SESSIONS



1:1 INDIVIDUAL
MENTORING



HELPFUL
RESOURCES



ACCESSIBLE FROM
HOME & SCHOOL

WE WILL HELP THOSE STRUGGLING IN SCHOOL/COLLEGE, WITH WELLBEING AND EMOTIONAL SUPPORT

*“Everyone is so kind and friendly. As I shared more and more, I felt better and better. No one judged anything I was saying and I thought “I’m in an environment where people understand how I feel.” **Everyone helps you and listens to you. If they give you feedback, it’s always positive.***

Jonathan, 15



WE HAVE OVER 30 YEARS OF EXPERIENCE & EXPERTISE

We worked on a 3-year research study with the **University of Southampton**, that proved the significant and lasting effects of our courses.

70%

of young people achieved
their goals as a result of
our support