



in association with



ELEVATE LIFE

Elevate Life Club



TO HELP TEENS WHO MAY BE STRUGGLING WITH ANXIETY, SOCIALISATION AND WELLBEING

OUR FUN-FILLED CURRICULUM—A STRUCTURED ‘YOUTH CLUB’ ENVIRONMENT WITH MENTORING AND SUPPORT

Elevate Life Clubs

These fun, engaging sessions provide young people with a relaxed environment for socialisation, peer-to-peer and mentor support, whilst also having help with their school-work using structured study skills. They will learn to combat anxiety and stress through ‘mindfulness’ techniques and apps/games on tablets. They will also develop their social skills through the designing and playing of board games with a specialist game designer.

Time to talk, support each other and relax!

ALSO FOR 2018: *A morning ‘Flexischool’ to support teens with additional needs who are not currently in school and are already engaged in distance learning. We provide an environment where they continue their learning but in a small group context that promotes socialisation & wellbeing: Tuesday mornings 0900-1200*

Elevate Life Club

Tuesdays
5.15 -7.45pm
14 week
programme
starts 27th
Feb 2018

Contact Anita on
07730 95699
supportclubs@
ElevateEleven.com

REST ASSURED

- Board games
- Mindfulness
- Apps for anxiety
- Study Skills
- Mentor Support

Starting 27th Feb
2018 @ Refresh
Centre, 129 Walton
Rd, East Molesey
KT8 0DT

transforming your story



www.elevateeleven.com/elevatelife