







## **Training for Education and Youth Services**

Designed to develop skillsets, knowledge and understanding around all aspects of:

- Social, Emotional, Mental Health
- Physical Health and Wellbeing

Our specialist courses are flexible and can be tailored to your organisational priorities and the needs of the communities you work with.

Training can be delivered directly to young people, parents and professionals working alongside them.

We offer ongoing consultation and support on implementing policies and practices for the outstanding personal development of young people, as well as employee wellbeing.

Flexible
delivery
In person
or online

Public or
private
courses



## Some of our bespoke courses include:

- Supporting young people with emotional development needs
- Being Mindful Managers balancing people and policies
- Implementing effective peer support programmes
- Ways to Wellbeing how to improve your relationships with life
- Mental Health Leads all you need to know



As Instructor Members for MHFA England, we also offer the full suite of Mental Health First Aid accredited courses, including youth and adult Aware, Champions and First Aider certification.



We have recently started delivering training for the NEU across the network of regional branches across the West Midlands. We also enjoy long standing relationships with key public sector organisations.



in 2019 we were awarded a Thrive Mental Health Star Award for Best Black Country Team, by the West Midlands Combined Authority for our work to date in the field of Mental Health and Wellbeing.



We are a small charity that supports schools, young people and families with mental health, behaviour and wellbeing, through training and education, community events and direct targeted support.



"With extremely sensitive topics covered, the facilitators ensured it was delivered in an engaging and interactive manner"

JEREMY, ASSISTANT HEAD

Call or Whatsapp: 0330 0103 121



