



Young Women's Group

FOR GIRLS AGED 12YRS-15YRS WHO -

STRUGGLE IN PEER GROUPS

HAVE DIFFICULTY IN MAKING FRIENDS

STRUGGLE WITH RELATIONSHIPS

HAVE LOW SELF ESTEEM & CONFIDENCE

Our groups are on a Tuesday evening

AIM

To build confidence, self-esteem, social skills, to gain an understanding of friendship and relationships.

**For more information, or to request a referral form
or to find out more about our other groups/services
please contact us on**

01209 218764

Or email

team@thedreadnought.co.uk

www.thedreadnought.co.uk

