



That's a 'Teens' WRAP

A Wellness Peer Support Group

for young people aged 13 - 18 yrs. old, in North East Leeds



Are you struggling with how you feel and to cope with life's challenges?

Join our weekly group where you can create your own wellness plan and learn how to:

- Get well, be well and stay well
- Understand and manage your triggers
- Get help with how to prevent a crisis
- Make new friends and support each other

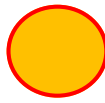
Groups will run 6pm-8pm in Meanwood and surrounding areas

Contact Nicola Swales to find out more or make a referral on 07889255628 or nicola.swales@shinebright.org.uk

Leeds
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www.shinebright.org.uk



WRAP

Wellness Resilience & Recovery Action Planning

Our WRAP groups will give you :

- A feeling of **Hope** to be well
- **Education** - Learning about yourself and what you can do when you don't feel okay
- Know who your **Supporters** are that you can turn to
- Learn the importance of **Self-Advocacy** - how to tell others what you need and how you feel
- **Personal Responsibility** for your wellness. You can be in control of feeling better

After a 12 week 'That's a WRAP' programme there will be a peer support group to join to help you keep well, this could even lead on to you training to become a peer facilitator helping to run future groups and activities!

"I gained a lot of confidence from going to WRAP and I have been helped to believe that my opinion counts. It has given me a sense of wellbeing and helped memake new friends and gain new skills."



Support

Friendship

Chat

Fun

Food

Wellness Tools

Creative



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