

## WEEK ONE TO THREE

Getting to know you  
Emotions  
Positive communication

## WEEK FOUR TO SIX

Setting goals  
Coping skills  
Emotional safety

## WEEK SEVEN TO NINE

Practical skills  
Health & Nutrition  
Asking for help

## WEEK TEN TO TWELVE

Moving forward  
Maintaining safe relationships  
Celebration



SWAN

# YOUNG WOMEN'S PROJECT

14 TO 18 YEARS

Supporting Young Women  
to develop skills that lead to  
positive mental health &  
emotional wellbeing

CONTACT  
DETAILS



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# ABOUT SWAN YOUNG WOMENS PROJECT

Mental ill health often begins in early teens. We provide group counselling support to young women who are experiencing mental ill health to help you to recognise your thoughts and feelings,

WE SUPPORT YOUNG WOMEN WHO ARE EXPERIENCING ISSUES WITH MENTAL HEALTH AND WELL-BEING, WHO DO NOT MEET THE CRITERIA FOR CAMHS. THE PROJECT WILL PROVIDE THERAPEUTIC ACTIVITIES AND COUNSELLING SUPPORT FOR YOUNG WOMEN AGED 14 - 18 YEARS, FROM LITTLERLAND AND SURROUNDING AREAS.

**12 weeks support**  
**Tuesdays 5-7pm**

**NOTE: informal assessment  
required prior to joining the  
group**



www.swanwomenscentre.org  
Charity Number: 1011971  
Company Number: 2720502

## CREATIVITY



“  
**ART WASHES  
FROM THE SOUL  
THE DUST OF  
EVERYDAY LIFE”**

Pablo Picasso

## CREATIVITY AS THERAPY

Swan Young Womens Project will focus on creative group activities to help:

Build Confidence  
Find Coping Skills  
Develop Communication Skills  
Create Positive Goals



## EXPRESSION

Young women will be supported to express themselves safely using group work, group counselling, crafts and creative writing.

“  
**AND SOMETIMES I  
HAVE KEPT MY  
FEELINGS TO  
MYSELF, BECAUSE I  
COULD FIND NO  
LANGUAGE TO  
DESCRIBE THEM IN”**

Jane Austen