

# MENTORING PROGRAMME FOR YOUNG PEOPLE



**ACTION  
4YOUTH**

An innovative programme from **Action4Youth** providing early intervention, mentoring, support and guidance for young people aged 12-15 who may be at risk of falling into anti-social behaviour.

## **PROGRAMME OFFERS**

- **1:1 support**
- **Group sessions**
- **Connection to ongoing, positive pathways**
- **Creation of trust-based relationships**
- **Long-term future impact for the individual**



# IDENTIFY UNDERSTAND HELP FOCUS



## WHAT IS THE MENTORING PROGRAMME?

It's a free programme for young people aged 12-15 years that will identify, understand and help teenagers to find focus. Built around 1:1 and group sessions that will help and encourage each individual to stay on track and fulfil their potential.

## HOW DOES IT SUPPORT YOUNG PEOPLE?

Each session will aim to achieve an understanding of the needs of each young person and explore positive interests that will engage them and provide them with a new focus.

It will explore and develop coping skills and build resilience which will not only improve their quality of life but also establish a positive mindset that will enhance their confidence and future opportunity to achieve their potential. The programme will signpost and connect them into positive pathways, engaging with the local network of youth clubs and relevant organisations that can support their individual interests and provide a safe, ongoing and stimulating outlet for their abilities.

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If you know of someone you feel would benefit from this programme and the 1:1 mentoring support and encouragement it will provide, please contact **Action4Youth** and we will begin the referral process.

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**WYCOMBE**  
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