

Decider Skills (5 weeks)

**Aimed at families with school aged children.
A group to help individuals to recognise and identify
their own thoughts, feelings and behaviours.**

**The Decider Skills are Cognitive Behaviour Therapy
based and the sessions will teach a range of skills.
These skills will support children, young people and
families to manage their own feelings, emotions and
mental health.**

**For further details or to make a referral, please contact
01539 734456 or south.lakeland@actionforchildren.org.uk**

Safe and happy childhood

Action for Children protects and supports children and young people, providing practical and emotional care and support, ensuring their voices are heard, and campaigning to bring lasting improvements to their lives.



For 5 - 19 Years



**October 2021
Service Offer**

WORKING IN
PARTNERSHIP
WITH



Online Safety (4 weeks)

Aimed at children aged 7 - 12 years.

Four sessions covering healthy relationships, internet safety, child sexual exploitation and risk taking.

Content and language used is changed and modified, depending on the ages of the children in the group.

Advice,
information
and support

This Is Me (4 weeks)

Aimed at children aged 8 - 12 years.

A mix of fun and practical activities to help children recognise and feel proud about the things they are good at.

Sessions will build self-confidence and self-esteem, as well as offer the opportunity for peer support.



Children's Toolkits (8 weeks)

Aimed at children and young people aged 7 upwards.

Children's Recovery Toolkit – a group for any young person that has witnessed or experienced domestic abuse

Children's ACES Toolkit – a group for any young person that has experienced adverse childhood experiences

Sessions focus on helping children come to terms with their experiences and develop a range of positive lifestyle and coping strategies.