



What we offer

Emotional Support — Telephone, Online and Face to Face

1-1 Support - Telephone, Online and Face to Face

Groups - Online / Face to Face Peer Support Groups:

- Baking
- Art
- Music and Singing
- Quizzes
- Sign Language
- Cooking
- Poetry
- Parenting Group
- Motivational Mondays
- Fresh Minds 18-25 years old
- Budgeting
- Walking groups

WEN Courses – Online and Face to Face

- Anxiety Management
- Anger Management
- Depression Management
- Food and Mood
- Life Transitions
- Self-Awareness
- Stress and Emotional Resilience





Crisis Support

- Crisis Café's
- Youth Works Crisis Cafes Corby





Other Services

- Counselling
- Building Better Opportunities: Support into Employment Project
- Orbit Breathing Space, Support for tenants with Mental Health challenges
- Mental Health Navigators
- Shape Project Young Persons service 11-18 years old
- Youth works Counselling
- Groundworks Volunteering Gardening Project
- Hospital at Home Support for people who are struggling with their mental health and they have been discharged from hospital
- The Freedom Programme For individuals experiencing domestic abuse
- Get set Go Project Combining mental health wellbeing with physical activity

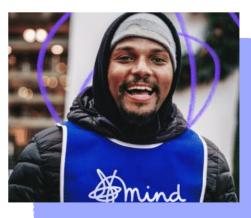


Training

- Mental Health Training packages suited towards professional organisations
- Support and Placements for social work students Professional and Qualified supervisors

Supported Volunteering

- Customer Service and Reception
- Emotional support
- Supporting course facilitation
- Fundraising and Promotion





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