



# Youth Empowerment Programme for 16-24 year olds

(from Southwark and neighbouring boroughs)



## 1:1 Mentoring

An opportunity for YP to discuss matters close to them-to and be listened to and truly heard. We provide a safe, welcoming, confidential, non-judgmental nurturing environment. (Online as well as in-person sessions)

## Crisis Navigation

Assessment of essential needs referrals to support organisations for housing, mental health, substance misuse, victim support etc.

We handhold Young People (YPs) throughout the entire process so they don't slip through the net we chase appointments, accompany YP to meetings and act as their advocates.

## Graduation Event

This is an end-of-programme event celebrating the YP's successes and resilience, providing an opportunity to reflect on what they have learnt throughout the year.

## Trips & Events

Quarterly group trips within London, based on the YP's interests like galleries, theatres, VR Experience, Cinema, and restaurants.

## Specialist Workshops

*(Weekly Evening Workshops)*

Mental Health  
Conflict Resolution  
Sexual Health  
Substance Awareness  
Financial Literacy  
Employment Skills  
Presentation Skills

1:1 Mentoring

Group Workshops

Crisis Navigation

Experts' Workshop

Trips & Events

Open Door Policy

## Wellbeing Support

We support holistic development of young people and believe that all the pillars of wellness are equally important.

## Open-door Policy

Our 1:1 services remain available to graduates for at least one more year, on an as-required basis. While we want our YP to leave the programme feeling empowered and confident, we recognise the importance of having a service to fall back on in times of crisis.

**SIGN UP NOW for 2023**

Call / text / WhatsApp : Wasu on

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