



Steps to Resilience

LinkLiving are running a unique 10-week programme to help with personal development needs of young people (aged 16 - 24) in Fife starting **Monday 10th January at Erskine Building, Dunfermline.**

The **Steps to Resilience** programme is delivered through group activity over a ten-week period (every Monday & Tuesday 10am – 2pm). We use reflection, physical activity and self-help techniques to support the young people we work with to makes changes that matter to them. The programme is available for young people in Fife.

The aim of Steps to Resilience is to build the capacity of young people to:

- Recognise, understand and manage the challenges they face
- Develop positive behaviours
- Identify and work towards their ambitions
- Increase in confidence and self-esteem

The training includes the following and LinkLiving cover lunch and travel costs:

- Developing skills to manage stress and anxiety
- Fun and interesting activities that include self-defense, CBT, mindfulness, nutrition & exercise and days out to build confidence
- Learning new skills that will support you for the future
- 1:1 support
- 3-day residential at the end of the course

If you would like to book a place or require further information then please contact Link Academy on the details below.

Tel 01324 466860

Email lareception@linkliving.org.uk

www.linkliving.org.uk

