

Young Ambassadors

This page has been written by our Young Ambassadors...

Our current project that we are working on is a guided journal for children and young people who come for counselling or Flourish. We have called this journal, 'Journey', to incorporate the language of it being a journal but also to highlight that therapy is a journey - from struggling and having difficulties with emotional wellbeing to hopefully being on a better path and progressing to being in a healthier place with mental health. Our aim is for the Journey journal to go onto the website so that young people can use this during their sessions as well as after they have finished. We are including things such as coping strategies to try, activities to complete, a space for gratitude and affirmations and question prompts to help young people reflect whilst they are on their therapeutic journey.

Our next meeting is during the May half term.

If you have any ideas/suggestions of anything that you would like to go into the Journey journal, please let Caitlin know.

