

Youthability

“It’s okay to be okay”

Do you have any young people in your school who may be vulnerable and are feeling:

Anxious

Overwhelmed

Worried

Emotional

STRESSED

We are offering a safe space to
Learn new skills
Chat
and have fun!

This can be offered
in a variety of
formats to suit the
young person

To help them feel
Happier
Listened to
Better connected with like minded young
people

In a supportive
environment with
experienced NYCC
staff

For more information regarding our new virtual group please
contact

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