

Changes Young People, Changes Wellbeing Centre, Victoria Court, Booth Street, Stoke, ST4 4AL.
Office: 01782 413355 or Mobile: 07732349941



PEER SUPPORT AND WELLNESS PROGRAMME

This is your chance to be able to talk to others, that may be experiencing similar situations to you, in a confidential setting. Sessions are delivered in a fun and interactive way! The sessions will help you gain confidence, raise self-esteem, improve relationships and gain healthier coping skills. This is the chance to promote and improve your overall emotional health and wellbeing.

	Address	Day	Time	Age Range
Kidsgrove Fire Station Peer support	Lower Ash Road, Kidsgrove ST7 1DG	Monday	4.30- 5.30pm	11-18 years
Newcastle fire station Peer support	Knutton Lane, Newcastle under Lyme, ST5 2SL	Tuesday	4.30- 5.30pm	11-14 years
Newcastle fire station Peer Support	Knutton Lane, Newcastle under Lyme, ST5 2SL	Tuesday	5.30- 7.00pm	15 + years
Biddulph Fire Station Peer Support	Princess Street, Biddulph ST8 6JN	Wednesday	4.00- 5.00pm	11-18 years
Leek High-Room 21 Peer Support	Springfield Road, Leek ST13 6EU	Thursday	4.00- 5.00pm (School holidays- 2.30- 3.30pm)	11-18 years
Changes Wellbeing Centre, Wellness programme	Booth Street, Stoke On Trent ST4 4AL	Monday	4.00- 5.00pm	15-18 years
		Friday	3.30-4.30pm	11-14 years

****Please note the wellness programme can be offered in your local area and in all schools within North Staffordshire and Staffordshire Moorlands****