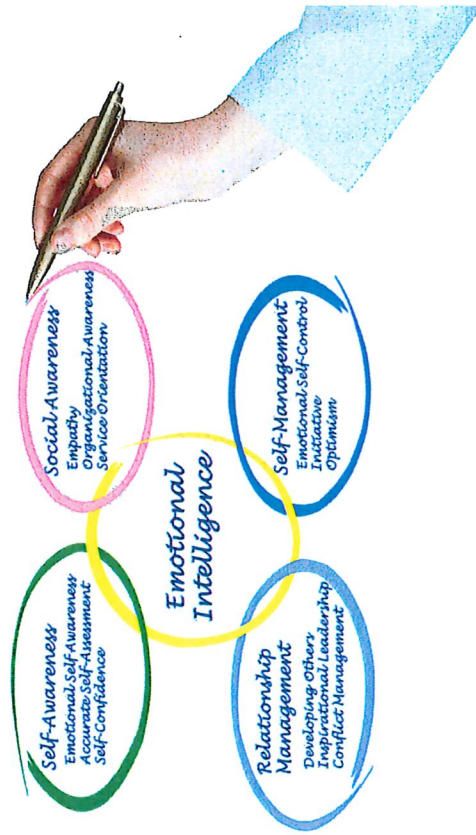




Compass/ Progress

For young people that are part time at school, NEET
young people, and home educated young people



Academic Years 7 - 13

Compass is a programme using Dialectical Behaviour Therapy approaches to assist young people to be able to live in the moment, develop healthy ways to cope with stress, regulate their emotions, and improve their relationships with others.

DATE: Thursday's

TIME: 2pm - 4pm

VENUE: Folkestone Family Hub

Phone: 03000 421167

Email: folkestoneandhythe@kent.gov.uk

Visit your local Family Hub today
www.kent.gov.uk/familyhub

