



# It's **Time for** **young people**

Aged up to 25 and living or studying in Coventry and Warwickshire? Whatever challenges you're facing, we can help you get the right support. We're here, whenever you're ready to talk.

# When is it my time?

With **Time for young people**, it's here and now.

Growing up can be difficult. You're trying to figure out who you are and where you belong. You might be facing big challenges, struggling to find support. Now, it's Time for you to get the help you need.

**Time for young people** is a new support space from The Children's Society for everyone aged up to 25 living and studying in Coventry and Warwickshire, and it's easy to access. You will never be judged. Instead, you'll get the help you need to understand your feelings, build resilient relationships, and feel stronger. You'll find out where to get more support and make moves towards your future.



# What we can help with

**Time for young people** empowers young people to take time for themselves. You can press pause, breathe, and move forward.

We can help with:

- dealing with hard feelings
- figuring out relationships
- questions about identity or culture
- plans for the future
- feeling safe in your community
- other challenges.

## How we help

We'll help you use your own strengths and networks to move forward, and we'll provide new skills and resources to support your wellbeing.

You'll choose which support you access and when. At our drop-in sessions at community spaces, you'll be able to meet trained staff one-to-one, as well as join in with group sessions and workshops, find space to relax, and access practical resources and information. There'll be workshops and awareness sessions for parents, carers, and professionals, too.

## Find out more today.

Email us at **timecoventry\_warwickshire@childrenssociety.org.uk**  
or scan the QR code for further information.



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