

Centre for **Young People** aged **11-25** years.
Information, Advice and Direction.

Upcoming Events-

YMAX on Drugs and Alcohol

(Delivered by Breakthru www.breakthru.co.uk)

- Up to date info - with no judgement.
- 4 week programme upstairs in the FIND workshop room.
- Starting the Wednesday **3rd March**.
- 4pm –till you have to get your bus! (5.45ish)

NICCY Workshop

(Delivered by NICCY www.NICCY.org)

- NI Commissioner for Children and Young People support worker runs workshop Wednesday **10th March**
- Safeguarding and Promoting your Rights and Making Communities Safer Delivered

FIND Peer Mentors

(Delivered by Youth Action's Right Here in Fermanagh Project www.youthaction.org)

- for 2 young people from each school
- Gain empathic listening skills
- Enable you to listen to and guide other young people to information and support.

Healthy Relationships

(Delivered by Women's Aid www.womensaid.org.uk)

- The Who What, and Why, of Relationships
- How to spot the Danger Signs
- The Vital self esteem –
- Relaxed interactive workshops
- For 14ys plus.

Let us know if you're interested –

**At the FIND centre between 3pm and 6pm Tue, Wed, Thurs, Fri & Sat
on Quay Lane (Off Belmore St, Enniskillen)**

FIND Info Centre 028 66 323722,

Office 028 66 32 5559 or email info@thefindcentre.com

Facebook- <http://tinyurl.com/finde-facebook>

Bebo- <http://www.bebo.com/find> Enniskillen

Ongoing Events- Sexual Health Courses and Below

One 2 One

- Contact Youth Counsellors,
- Confidential one 2 one help and advice from Daisy and Breakthru on Drugs and Alcohol issues.
- Counselling re Drugs and Alcohol from Daisy. (www.daisy.uk.net)
- All ongoing in our one 2 one space Upstairs
- Arrange via FIND –Confidential No Judgement or Criticism

Ongoing; -Self Service Info, Advice or Direction on

Emotional Wellbeing, (inc stress, self harm, depression, anger, panic attacks, suicidal thoughts, eating disorders, sleep problems, bereavement and how to look after yourself etc), Relationships, Sexual Health, Drugs and Alcohol, Sexuality, Entertainment, Legal and Welfare, Homelessness, Coping with School, Exams and Employment. **Or Ask a Young People's Facilitator for more help or direction.** (A selection on www.thefindcentre.com)

If you are a **friend / family** over 25 yrs, worried about a young person – please contact the centre outside young people's opening hours by telephone to arrange a time to visit. 028 66 32 3722

FOR PARENTS- Talking about Tough Issues ,New ways of dealing with hard issues. Start 3rd March at 7pm till 9.30pm for 3 weeks. For Parents of Young People age 13 plus by Breakthru (www.breakthru.co.uk) book by telephone to FIND centre 028 66 32 3722.