

Family Support Network

Is a pilot project funded by Somerset Community Foundation and comprises of:

Parent Support Group

We have planned a series of talks/workshops free to all



- January 24th** **Adolescent Mental Health**
(South Somerset Mind)
- February 21st** **Addictions**
(Perry Chapman - Somerset Rural Youth Project)
- March 20th** **Bullying**
(Rhiannon Prys-Owen - Anti Bullying Alliance)
- April 17th** **Social Isolation**
(John Stow - Somerset Rural Youth Project)

Other talks planned - **Self Harm, Family Dynamics**

The talks will be on Thursdays between 6 - 8 pm at;

**The Markwick Centre
Dampier Street
Yeovil
Somerset BA21 4EN**

PSY (Project 7 Youth)

Every 4 weeks this focus group meet to discuss how they feel in respect of their mental health and the relationships with their families, information from this group is then fed back to the PSG to use (anonymously) during discussions.

PSY also has the function of being the steering group for Project 7 and involve the following:

1. They will discuss Project 7 and recommend its direction,
2. They will have a say in how aspects of the project are run
3. It is hoped that a young person will be invited by our executive committee meeting to report on the projects progress at the beginning of the meeting.
4. They will also be involved in the design of leaflets
5. They will represent Project 7 at outside events.
6. Help with our new website and forum
7. Get involved with training

Link to newsletter (coming soon)

Link to leaflet