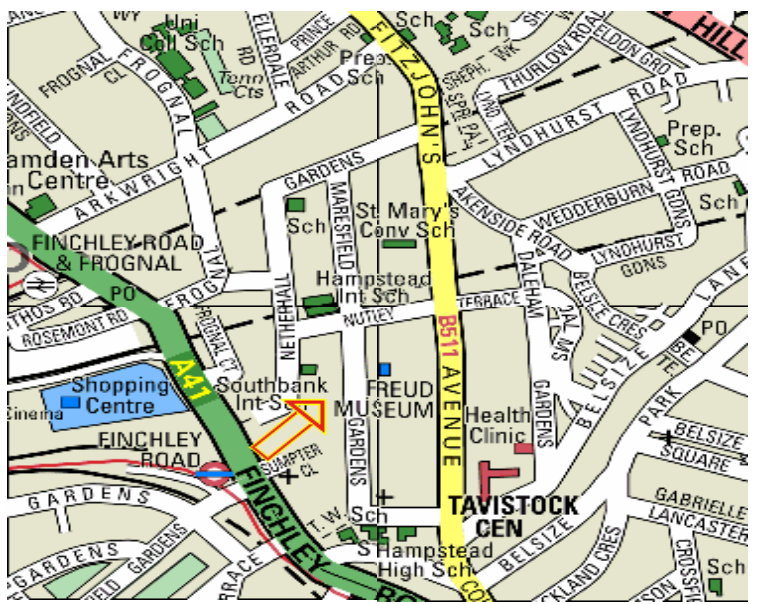
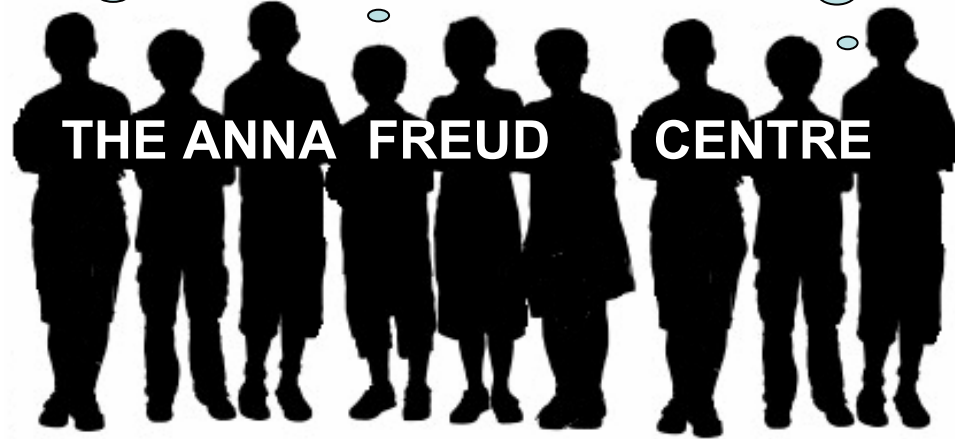
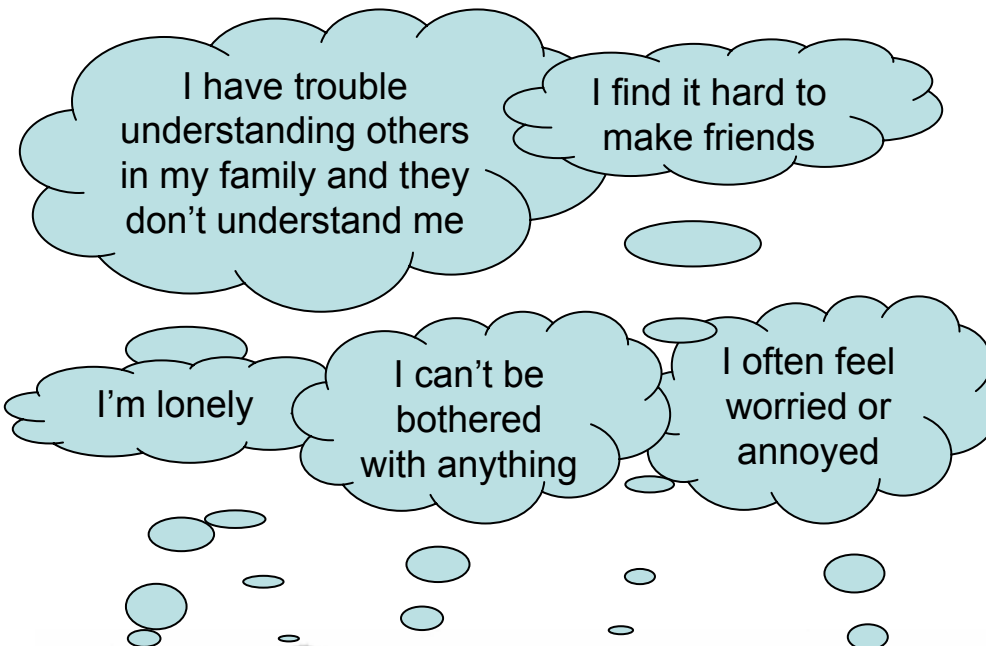


How to find us

- Buses: No.46 – stops on Fitzjohn's Avenue
No.13, 82 & 113 stop on Finchley Road.
- Tube: Finchley Road – Jubilee & Metropolitan Lines
Swiss Cottage – Jubilee Line
Hampstead – Northern Line
Belsize Park – Northern Line



YOUNG PEOPLE'S GROUP



The Anna Freud Centre,
12, 14, 21 Maresfield Gardens, London,
NW3 5SD.
Tel: 020 7794 2313
Fax: 020 7794 6506

YOUNG PEOPLE'S GROUP

- Do you find it hard to make friends?
- Do you feel lonely, unmotivated or tired?
- Do you feel worried and annoyed?

The Young People's Service is a 10 week group for teenagers from 14 to 16 years of age to think and learn about relationships. The group meets every week at The Anna Freud Centre after school.

What is the group about?

The groups main goal is to explore the way relationships work and how people understand them. It will consist of activities in which you can express and explore your thoughts and feelings about difficult things that happen.

Is the group free?

YES

The Young People's Group are free to all.

How can I make a referral?

You can either refer yourself or your parents can make a referral or contact your GP or school who can make this referral for you.

How can I find out more?

For more information or to make a referral please contact Katharina Gruger on 020 7794 2313 or email Katharina.Gruger@annafreud.org

What happens after your first call? Referrals can either come from you, your parent or carer or your school. A therapist will contact you to set up a time for an initial meeting in which they can briefly explore your difficulties. This is also an opportunity for the therapist to explain the purpose of the group more clearly.

Who makes up the group? The group will consist of one male and one female therapist as well as up to 8 boys and girls who are all experiencing similar problems.

