



# Every Step Matters

empowering every individual to fulfil their potential

Our unique programmes have been developed through the experience of supporting over 2000 children and young people, and identifying, like yourself the gaps that exist, the biggest being the lack of emotional intelligence and understanding of how issues impact on behaviour and emotional well-being.

Although we run specific programmes, all groups are unique as we tailor the weekly activities to the needs of the children and young people we are supporting. This allows us to work with the specific dynamics and issues within each group. All programmes work with positive self-esteem as this is a core issue.

## **Emotional Education Groups**

- Emotional Literacy- building the foundation for understanding and expressing themselves effectively.
- Self Awareness-knowing, understanding and managing yourself.
- Awareness of others
- Building positive relationships
- Life Skills- resilience, coping, empathy, listening, resources.
- Fulfilling Your Potential-being and achieving the best you can for you.

**Emotional and behavioural difficulties-** identifying the core issues, self expression, enabling young people to take responsibility for their emotions and behaviour, managing emotions and behaviour, building tools and resources to cope.

**Transition groups-** for those young people who are experiencing big changes, year 7, 11, 12 and 13.

**Anger programme-** helping young people to understand their anger and the underlying emotions, identifying behaviours that need to be upgraded, taking control of anger and responsibility for self-expression.

**Domestic Abuse-**supporting children who have witnessed and experienced domestic abuse, providing a safe space for young people to share their experiences, looking at safe relationships, feelings and emotions, patterns of behaviour, building tools and resources to cope, safety planning.

**Exclusion support** - working with young people who are at risk of being excluded.

**Bullying support**

**Self-harm support**

**Exam Stress Support**

**Bereavement support**

Each 10 week group programme, with a maximum of 10 participants, is inclusive of two fully qualified counsellors, all resources, professional supervision and evaluation report.

For further information and to discuss your requirements, in complete confidence, please contact us by email at [everystepmatters1@gmail.com](mailto:everystepmatters1@gmail.com)