

YOUR PERSONALISED PROGRAMME



WHO WE ARE

The Source Young People's Charity is an inclusive local Christian charity based in Aldershot. We support and empower Young People aged 14-25 years, living in Aldershot and the neighbouring towns to transform their lives through our Personalised Programmes of 1-1 and group support.

We particularly focus on building self-esteem, resilience, and emotional intelligence. We celebrate diversity, and our doors are always open to anyone regardless of faith or background.

Due to the corona virus pandemic we are now also offering our support online and over the phone.

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Outcomes we see Young People achieve through their Personalised Programmes include:

- Gaining understanding of their importance and value
- Developing hope for their future
- Building their aspirations
- Improving their decision making skills
- Setting life goals and working towards them
- Learning tools to communicate more effectively with friends and family
- Healthier lifestyles including taking up hobbies
- Less stress and anxiety

Your Personalised Programme:

- Will include 1-1 support with a qualified Counsellor or a Volunteer Mentor
- Will be online or over the phone (whilst lockdown measures are in place)
- Will be typically for 8 weekly sessions – each weekly session will be about an hour

To register your interest please
call us 01252 333330
email info@thesourceforyou.co.uk
or register via the contact form on our
website www.thesourceforyou.co.uk

One of our Qualified Counsellors will then
contact you to see if a
Bespoke 1-1 Programme is right for you.



CONFIDENTIALITY

You will be talking through a secure online platform or you can choose to talk over the phone.

All sessions are confidential except:

- If you are at serious risk of causing harm to yourself or others
- Where we have a legal duty to share information by law such as child/vulnerable adult protection, terrorism, or money laundering

All of our Counsellors work under British Association for Counselling and Psychotherapy (BACP) Guidelines and are under ongoing supervision as required by the BACP.

All of our Volunteer Mentors receive extensive ongoing training and regular supervision from our Counselling Team.



Feedback we have received from Young People includes:

"I can tell you are actually interested in what I have to say."

"It's nice to speak to someone that understands what I am going through."

"You are the first person to talk to me like an adult and ask me what I want."

"You've helped me see that I'm not alone in this and there are people out there that can help me."

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www.thesourceforyou.co.uk

www.justgiving.com/thesource

www.bikestart.co.uk

