

# the SOURCE.

The Source Young People's Charity  
Transforming Lives

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## Who We Are

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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.

**We are offering our support online, face to face and over the phone.**

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

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- 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:

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- Your programme may include support from a Counsellor and/or a Mentor
- Your sessions can be held online, face to face or over the phone
- Personalised Programmes may also include additional 1-1 and group support e.g. workshops and support for your parent/guardian



To register your interest please  
call us 01252 333330  
email [info@thesourceforyou.co.uk](mailto:info@thesourceforyou.co.uk)

One of our Co-ordinators will then contact you to see if a Personalised 1-1 Programme is right for you.

# Feedback we have received from Young People includes:

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*"I can finally understand what it is I'm feeling"*

*"The hardest thing I have ever done was to sign up and get help. I'm glad I did. My life is finally turning around"*

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

*"You guys are awesome! I feel like I am really going somewhere. Even when I'm sad and things are difficult I always finish my sessions with a genuine smile on my face and happiness in my heart."*

*"Everytime I am talking to you I feel that I am making progress. My life is not together yet, but I'm realising that getting help is okay, and that it is good."*



## Confidentiality

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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 Mentors receive extensive ongoing training and regular supervision.



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[www.thesourceforyou.co.uk](http://www.thesourceforyou.co.uk)

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