

Feedback

"Thank you so much for everything. I have really appreciated having the opportunity to speak to you and it has been incredibly beneficial."

- Year 9 student

"We have noticed such a change and have you to thank massively for that! I am glad we have found you and have you working with us."

- Head of Year

"I know that when I'm struggling, I can take my mind to my special place and feel better."

- Year 5 student

"It's definitely making a difference!"

- Year 10 student

DID YOU KNOW?

YLF are one of the only services to offer a minimum of 6 months support per young person!



Referrals


For more information and to make a Referral, please contact:

 mentoring@ylf.org.uk


or scan the QR Code!



CONTACT YLF

 01622 693459

 www.ylf.org.uk

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The Young Lives Foundation

SCHOOL MENTORING

Programmes

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Our Programmes

- ★ **1:1 Mentoring**
- ★ **Group Sessions**
- ★ **Legends Youth Groups**
- ★ **Bespoke support**

inc. Exclusion, School Refusal and more. Just ask!



YLF's school mentoring Programmes support Primary and Secondary students in Kent and Medway. Our trained and dedicated volunteer mentors create safe spaces, providing sessions tailored to meet student's unique needs.

Our trauma-informed approach supports mental health, emotional wellbeing, and resilience, with a focus on positively impacting neurodevelopment. It helps students enhance their skills and boost academic performance and self-confidence. Mentors model effective communication, helping students manage emotions while expanding their aspirations.

What Do We Offer?

- ★ Overall emotional wellbeing and mental health support
- ★ Effective coping techniques
- ★ A safe and non-judgemental environment
- ★ 1:1 support to share any worries
- ★ Wellbeing Workshops - small groups to address anxiety, bullying and common mental health challenges
- ★ Opportunity to explore the community with a mentor or a wider group of young people
- ★ Help developing social skills and encourage new learnings and experiences



Legends Groups

Young people who attend our school programmes are invited to join our Legends Youth Groups and Holiday Activities.



Our Youth Groups:

- ★ Are a safe space where young people can engage in the benefits of risk-taking play
- ★ Deliver informal outdoor fun
- ★ Aim to reduce isolation, build self-confidence and a friendship network
- ★ Encourage pro-social behaviours
- ★ Offer trauma informed support
- ★ Broaden horizons and provide new exciting opportunities