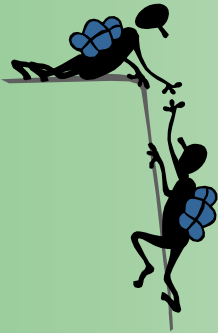
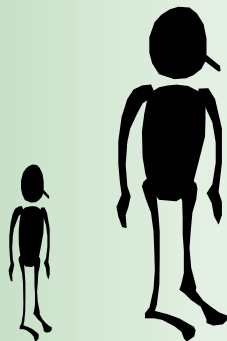


What is 'The BASE'?



The **BASE** is a place for young people to come together, spend time with mentors and have fun —to **B**elieve, **A**chieve, **S**ucceed and **E**xcel.

There will be the opportunity to learn new skills, meet new people and play some games



Name of Sessions



What's My Foundation? - Conversation skills, body language and friendships.

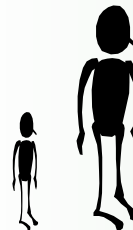
How Do I See Myself? - Building good levels of self esteem and confidence.

Clued Up! - Drug & alcohol awareness and possible addictions.

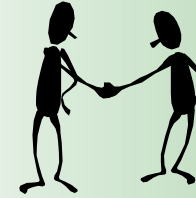
What Does My Future Look Like? - Thinking about the future and goal planning.

My Tool Kit - Employability skills

It's All About The Money - Spending & saving



Name of Sessions



Performing At My Peak! - Keeping fit, eating well & staying healthy.

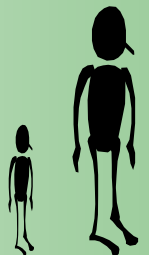
The World's At My Feet! - Environmental/Conservation work (Outdoor Activities)

Managing Myself - Dealing with anger in constructive ways.

Take Control! - Smart thinking to resolve conflicts.

What's The Connection? - The value of networking and relationship building.

Knowing Your Digital World - Internet safety, cyber bullying & things to look out for when online



What is Group Mentoring?

Group Mentoring is a place where young people can come together, and meet with mentors.

There will be a chance to talk about any problems or worries you may have with a choice of mentors.

Anything you talk about will be kept totally confidential.

GreenHouse Mentoring

The GreenHouse
16-22 St Thomas's Road
Stopsley
Luton LU2 7UY

Phone: ☎ 01582 528213
Email: ✉ ghm@stopsley.net
Web: 🌐 greenhousementoring.org.uk

GreenHouse Mentoring

GreenHouse Mentoring is a locally focussed, Luton based organisation, established in 2002, committed to provide a supportive and friendly place for young people, volunteers and staff alike.

We love to treat everyone in a uniquely personal way and help them to unlock their potential.

We provide quality, trained, screened volunteers from diverse backgrounds who choose to consistently meet with, mentor and help young people in Luton.

If you would like to know more about our organisation please contact us on 01582 528213 or email ghm@stopsley.net



GreenHouse Mentoring

Tel: 01582 528213

THE BASE

Group Mentoring Skills Club Ages 14 - 18

GreenHouse
Mentoring

