



Hertfordshire County Council Services for Young People

Supporting You Project


Supporting You Project for 13-17s

Every Thursday 6-8pm
at Pioneer Young People's
Centre

Heathlands Drive
St Albans
AL3 5AY

Supporting You is a project which equips young people with the tools to help themselves to strengthen their resilience and emotional well-being. Attendees will learn 12 CBT (Cognitive Behavioural Therapy) skills plus a method for planning how to achieve goals. Sessions are delivered by Youth Workers trained to deliver CBT.

Complete the SfYP referral form (QR code below) or contact the St Albans Team to join.

Tel: 01442 454060
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Services for
Young People