



Developing Resilience Work with Young People

Facilitators: Senior Health Promotion Staff, SAHPD

Course Fee: £150.00 per group for staff within the SHSCT area.
£200.00 per group for staff outside the SHSCT area.
(group capacity: minimum 12, maximum 20)

Please Note: Venue and hospitality are NOT included in the Course Fee

Bounce is a new and innovative resource that promotes and supports the development of resilience in Young People.

This one day course will provide participants with an opportunity to learn how to use the resource with Young People in a range of settings.

Issues covered include:

- Communication Competence
- Relationships and Sexual Health
- Avoiding Negative Outcomes
- Developing Resilience
- Developing Self-Esteem
- Drugs and Alcohol Misuse

This course will be of particular interest to groups of:

- Teachers and College Tutors
- Youth and Community Workers
- Social Workers
- School Nurses and Practice Nurses
- Others involved in the training of professionals who work with Young People.

A copy of **Bounce** will be provided to each participant.

Organisations wishing to book a group training session can contact:

Training Support Officer, SAHPD, Healthcare Directorate Dept., Admin Building, St. Luke's Hospital, Loughgall Road, Armagh BT61 7NQ

Tel: 028 3741 2424 **Email:** health.promotion@southerntrust.hscni.net