



Are you worried about a young person aged 16-25?

Do they seem withdrawn, worried or anxious about their future?
Or are you a young person concerned about your mental and emotional wellbeing?

The **AMH BOOST** programme will provide opportunities for self-discovery, helping you to regain your confidence, have fun and make new friends.

BOOST will support you to take positive steps for the future and will provide opportunities for you to develop life skills so that you can achieve your goals.

BOOST combines training, personal development and fun activities, to help build resilience and promote positive coping techniques.

The **BOOST** programme is delivered in a local youth setting where you can meet other young people who are overcoming similar challenges. Together, you can shape how the programme develops and help to ensure it remains focused on meeting your needs.

Activities can include:

Photography
Creative crafts
Guitar lessons
Mental health awareness
Keep fit and personal training

For more information contact:
Caroline Ferguson or Sean Connolly on
028 6632 3630



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