

Meeting Emotional Needs



The Inclusion Facilitation Service offer eight session interventions that focus on understanding and finding ways to manage big feelings, build self-esteem, increase sense of self and belonging, and/or build resilience.

For children and young people who:

- would like support to address big emotions (anxiety, anger, avoidance)
- are expressing low levels of confidence and self-esteem
- would like support to explore their place in the world and find ways to overcome challenges

These Interventions:

- use person centred approaches to support the young person to engage with an IF
- are tailored to the young person's needs and interests
- provide clear next steps for those involved to continue once the intervention comes to an end

