



FIND YOUR LOCAL GROUP!

Who We Are Love4Life by TwentyTwenty

Love4Life's mission is to give young people aged 11-18 the tools to build confidence and resilience to make positive choices for their health and relationships.

We offer groups and 1-2-1 sessions to young people who are referred to us by professionals, schools and parents. Young people aged 16+ may self-refer.



*Love4Life welcomes ALL girls

- ✔ Confidence Building
- ✔ Digital Safety
- ✔ Consent
- ✔ Periods & Puberty
- ✔ Body Positivity
- ✔ Understanding Healthy Relationships
- ✔ Emotional Wellbeing
- ✔ Resilience
- ✔ Growing Self-Esteem
- ✔ Healthy Coping Techniques

"I like how they always include everyone; it feels like a family!"
Past Love4Life Attendee

What We Do How can Love4Life help?

Our Love4Life girls* groups are safe, creative, and supportive spaces to discuss important topics through fun activities. We aim to build self-esteem, confidence and knowledge of healthy relationships through engaging group sessions which vary week to week.

Our Love4Life groups are led by experienced youth workers and mentors and are completely free to attend.

YOUR LOCAL LOVE4LIFE VENUES:

**THE ARC,
SHELTHORPE**



← **SCAN QR CODE TO REFER NOW!**