



STREAMS

Tuesday 12 noon - 1.30pm



Youth and Families Matter
listening . caring . empowering

YOUTH AND FAMILIES MATTER

283A SALISBURY ROAD,
TOTTON SO40 3LZ

023 8086 0320

INFO@YOUTHANDFAMILIESMATTER.ORG.UK
WWW.YOUTHANDFAMILIESMATTER.ORG.UK

REGISTERED CHARITY NUMBER 1128524

YFM IS THE COMMUNITY PROJECT OF
TESTWOOD BAPTIST CHURCH



The Queen's Award
for Voluntary Service

STREAMS provides a safe and supportive space for those struggling with anxiety and depression.

Group numbers are kept deliberately small to allow all members to feel comfortable.

It is expected that anything that is talked about in the group is confidential and everyone will be treated equally.

It is facilitated by a member of the YFM team. If you are interested in joining this group please contact YFM.
