

The Caves

- QUIET CLUB -

The Caves will be running a club for young people who experience social anxiety and other mental health challenges.

The aims of the club are:

- To provide young people with a safe place where they can be themselves and feel comfortable
- To provide an environment where young people can build relationships with others
- Engage young people in various activities to build confidence and self-esteem

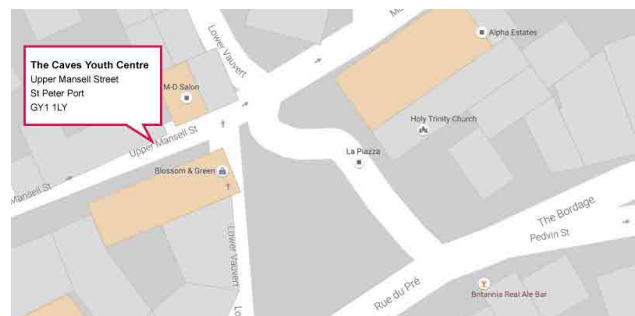
We understand that for some young people joining a club can be a daunting experience, therefore there will be limited spaces and joining will be on a **referral basis**.



The club will take place on:

Wednesdays 5.30 pm – 8pm

at The Caves Youth Centre
Upper Mansell Street
St Peter Port, GY1 1LY



If you would like more information or refer a young person please contact:
Emma Backhouse at the Youth Commission for Guernsey and Alderney
07839 700146 or email: ebackhouse@gcfe.net.