

WHAT WE DO

Cognitive behavioural approaches

Personal experiences

Creative Solution focussed methods

TO DELIVER :-

Prevention and awareness

Alternative to exclusion programmes

Short programmes

Behaviour management

Mentoring/Coaching

One to one

CHARITY NUMBER:

1150441

COMPANY NUMBER

08091241

ANTISOCIAL BEHAVIOUR

ALCOHOL

DREAMS & GOALS

CONSEQUENCES

DRUGS

GANGS

HOW TO MANAGE EMOTIONS

HEALTHY RELATIONSHIPS

BULLYING

ATTITUDES
BEHAVIOUR
OUTCOMES

MENTAL HEALTH

KNIFE CRIME



DEALING WITH DIFFERENCE

PEER PRESSURE

SELF WORTH

RISKY BEHAVIOUR

PRISON

POSITIVE ATTITUDES

"Refocusing lives and living the message that change is possible"

Please contact for advice and details: C

Or Bali: 07834063108, Lennox: 07727265821

refocusprojectX@gmail.com. WWW.REFOCUSPROJECT.ORG.UK