

FREE

EMPOWER



Empower is a free 6 month after-school programme which helps young people aged 9–12 years old improve mental wellbeing through physical activity.



The Phases of Empower



Exploring emotions

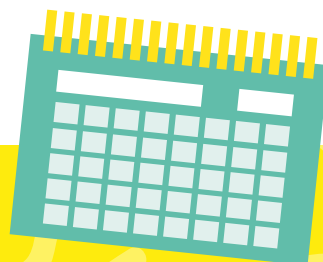


Implementing coping strategies



Reflecting on learnings

Each session is 90 minutes and consists of 60 minutes of physical activity and a 30 minute wellbeing workshop.



For further information contact **Jodine Williams**
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COMMUNITY SPORTS & EDUCATION TRUST

REGISTERED CHARITY NO: 1102239

NESSIE



Supporting Positive Mental Health in Schools

