

YC Hertfordshire Services for Young People - Watford and Three Rivers

YC Hertfordshire is currently providing a wide range of online and telephone one-to-one and group support for young people. Referrals for support can be made via:

<https://www.ychertfordshire.org/about-yc-hertfordshire/make-a-referral/>

Young people; their parents/carers or professionals can also make contact by calling 0300 123 7538; via email at yc@hertfordshire.gov.uk or by texting 'SUPPORT' to 07860 065185

A range of online Youth Work projects are running and will change according to need. Current ones (as at 20.5.20) are listed below but please see www.ychertfordshire.org for latest information:

Watford

PACT LGBT+ Project

Every Monday, 4-5pm

Every Wednesday, 3-4pm

A support group for young lesbian, gay, bisexual, transgender, gender variant people and those questioning their sexuality.

For young LGBT+ people aged 13-17

Emotional Wellbeing

Every Tuesday 4-5pm

A project to get support with emotional wellbeing for young people struggling with stress, anxiety, self-esteem or low mood.

For young people aged 12-16

Starburst Project for Young Adults with Learning Difficulties

Every Tuesday, 7-8pm

The Starburst project offers supportive discussions with youth workers and other young adults with learning difficulties in the area. Discussions include relationships, health, emotional wellbeing and developing skills for independent living

For young adults with learning difficulties aged 18-24

Leavesden Green Project

Every Wednesday, 2-3pm

An online project for young people in the Leavesden Green area. Focusing on emotional wellbeing and relationships using creative techniques; quizzes and other fun activities.

For young people aged 15-17

Girls' and Young Women's Project

Every Wednesday, 2-3pm

This project provides a safe space for girls and young women to explore issues that are important to young women today, such as aspirations and opportunities, image and identity, social media, online safety and relationships.

For young women aged 12-16

Emotional Wellbeing

Every Thursday 3-4pm

A project to get support with emotional wellbeing for young people struggling with stress, anxiety, self-esteem or low mood.

For young people aged 12-16

Boys' and Young Men's Project

Every Thursday, 3-4pm

This online project offers an opportunity for boys and young men to discuss and explore issues affecting aspirations, self-esteem as well as anger management

For boys and young men aged 12-16

Watford Youth Council

Every Friday 2-4pm

The Watford Youth Council is for young people who want to make a difference in their community, discuss current issues, share ideas and think of ways they can help improve things in their area.

For young people aged 13-17

Three Rivers

Emotional Wellbeing

Every Monday, 3-4pm

A project to get support with emotional wellbeing for young people struggling with stress, anxiety, self-esteem or low mood.

For young people aged 13-17

POWWA LGBT+ Group

Every Tuesday, 7-8pm

POWWA stands for Proud of Who We Are!

This project is for young lesbian, gay, bisexual, transgender, gender variant people and those questioning their sexuality in the Three Rivers District.

For young LGBT+ people aged 13-17

Three Rivers Youth Council

Every Tuesday, 4-5pm

The Three Rivers Youth Council is for young people who want to make a difference in their community, discuss current issues, share ideas and think of ways they can help improve things in their area.

For young people aged 11-17

Healthy Lifestyle Project

Every Thursday, 6-7pm

For young people to find out about ways to look after their emotional and physical health, boost confidence and self-esteem, and make positive choices to keep safe.

For young people aged 13-17

Girls' and Young Women's Project

Every Thursday, 6-7pm

This project provides a safe space for girls and young women to explore issues such as aspirations, confidence, self-esteem, image and identity, social media, bullying, online safety, sex and relationships.

For girls and young women aged 13-17