

# Growing Empowerment Together (GET)



These Project 5 sessions aim to grow confidence, connection, self-awareness and independence.

Parents and carers attend alongside their children. Through games and craft activities linked to themes, the family have a chance to encourage communication, learn skills, share, and connect with peers.

- 1st Wednesday of the month 4:00pm - 5:30pm
- JIGSAW Thornbury's home
- For ages 8-25, with their parent or carer



Youth  
Empowerment



# GET

## Led by Sue with volunteer Sara

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GET can help by....

**empowering children and their parent or carer to build communication and resilience together. Tools and techniques shared at the session can help with emotional regulation, celebrating successes, sleep, anxiety, and healthy relationships.**

**“Thank you because you really helped me about going to high school. I also really like when we made the sleep spray. I use it a lot now.”**

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Schools programmes  
delivered on request



SEND Cluster 1

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