

# Youth Empowerment Sessions (YES)



Through fun activities and games, we help young people explore their communication preferences, identity, values, challenges, and strengths. The group works together to make changes on matters that are important to them.

- Wednesday once a month 6:30pm - 8:00pm
- JIGSAW Thornbury's home
- For ages 11-25



**Youth  
Empowerment**



# YES

## Led by Hattie with volunteers Lindsey and Daniel

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Youth Empowerment Sessions can help by....

**growing skills and confidence to form and share opinions about things that impact you, building self-advocacy in your own way. This will help you to have a voice in your day-to-day lives and wider decisions that impact you.**

**"JIGSAW actually appreciates you for who you are and they don't try to "fix you". It's fun!"**

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Delivered in partnership  
with

