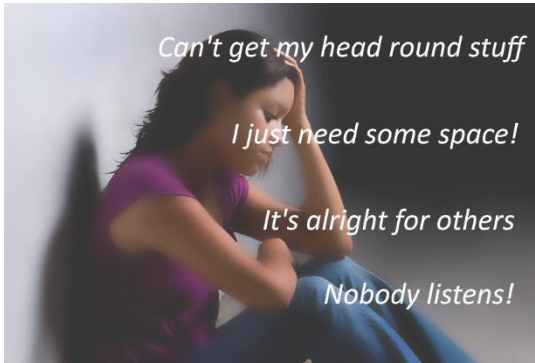
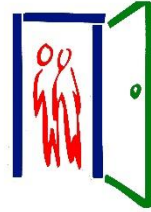


DoorWays

Youth Project

Enabling Change in Young People



5 Ways to Well-being



Young people 13-25 years

Feel like you need some space?

Need some help in making better life choices

Whatever your personal challenge – our door is always open

Increasing my well-being:

- Improves my health – I have more energy
- Greater mental ability – helps me think more clearly
- Stronger sense of awareness – I think better of myself, this helps me to manage my Stress &, Emotions
- Changes my outlook – I can make better choices

If you feel you would like to chat, please get in touch with John

Phone 01287 236006 Text 07769694121

Email john@door-ways.co.uk or Facebook / Twitter

Doorways is a registered charity 1070063

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