

Youth Action Diversity Trust Behavioural Support Service



Welcome to the YADT Behavioural Support Service. Being a young person in today's world is challenging and here at YADT, we understand that some young people need a little extra support to help them get a positive start in life or overcome obstacles along the way.

We aim to help young people with the issues that affect them. These can be a number of issues such as anger management, social anxiety, improving confidence, enhancing communication and dealing with stress and loss. The Behavioural Support Service can be delivered as one-to-one behaviour support or as family sessions.

Our Behavioural Support Service also work with young people and their families to understand Autism and ADHD behaviours. Helping them to develop strategies for a calmer family life.

For more information and to book, please contact:

North Cray Neighbourhood Centre

1 Davis Way Sidcup DA14 5JR

Tel: 020 8308 3862 / Email: yadt@sky.com

Website: www.YouthActionDiversityTrust.co.uk



@YADTBexley

Registered Company No. 5905999



@YADT_2006

Registered Charity No. 1118218



One to One Support

The one-to-one support service gives young people the freedom and safety to explore issues that affect them on a more personal level. After an initial assessment has been made, regular sessions will be booked with the young person to support them with their issues and/or concerns.

We charge £40 per session for this behavioural support and all our meetings take place at the North Cray Neighbourhood Centre which is neutral ground for most families. This is for young people aged 8 to 17 years.

Family Support Sessions

The Family Support Sessions give families the space and opportunity to discuss and resolve issues affecting them in a non-judgemental environment. Together families can work towards finding common ground and develop strategies to reduce family conflicts.

We charge £40 per session for this behavioural support and all our meetings take place at the North Cray Neighbourhood Centre which is neutral ground for most families.

Care for the Family: Time Out for Parents Courses

YADT are delighted to be able to offer the Care for the Family Courses under our Behavioural Support Service. These courses are run throughout the year by our behavioural team who have extensive experience working with families and young people with diverse needs.

The courses include 'Handling Anger in the Family', 'Children with Special Needs: Autism' and 'Children with ADHD' - please see the separate course leaflet or visit our website for the next available dates: www.YouthActionDiversityTrust.co.uk



Our courses are here to support you and to help you build a strong and secure relationship with your child, whatever their age. They include group discussions and practical tasks to help you build on your strengths and give you time and space to think about any changes you want to make.

- Care for the Family Website -



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