



A 12-week personal development program tailored for girls aged 12 to 17 years old.

It aims to help them explore their identity, enhance their confidence, and boost their mental well-being.



Our Service:

- ✔ Would you like to invest in your child's wellbeing?
- ✔ Help them to Improve how they manage their mental well-being?
- ✔ Help them gain clarity on their goals and aspirations for the future?
- ✔ Improve their self-esteem & confidence?

Why Choose Us

We are focused on enhancing the mental and emotional resilience of girls aged 12-17, Conscious Girls offers support during the crucial phase of adolescence.

Led by trauma-informed practitioners, this program is an activity-based peer support group that provides a safe and accepting environment for girls to discover themselves, form new friendships, and address pertinent topics affecting them.

ABOUT CONSCIOUS YOUTH AND FACILITATORS

Conscious Youth is an award winning youth-led social enterprise based in Kirklees. The organisation formed in 2016 to inspire and empower young people aged 12-24. The Conscious Girl's program is overseen by youth work experts knowledgeable in trauma with a Level 5 Diploma in Trauma therapy and Mental Health first aid. Our facilitators bring a wealth of personal experience and holistic development skills to the table.

Contact Us:

- ☎ 07498 043 637
- 🌐 www.consciousyouth.co.uk
- ✉ hello@consciousyouth.co.uk
- 📍 The Corner Hub
5 Market Walk
Huddersfield, HD1 2QA