



THE
MATTHEW
PROJECT

no compromise on hope

One-to-One coaching sessions for 16-24 year olds

What is it?

A new life coaching service for 16-24 year olds focusing on;

- Self-confidence and motivation
- Identifying and building goals
- Support in finding further education and training
- Advice on healthy lifestyles
- Contraception and sexual health advice (c-card)
- Support with quitting smoking
- Signposting to other services/ organisations if needed.

How do I get in touch?

If you are aged 16-24 and need support contact us:

Tel: **01603 216420**

Txt: **07770 605774**

Email: **youth@matthewproject.org**

If you are working with a young person who needs support please get in touch to make a referral.

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