



## Time For Me

The West Early Help Hub is offering a 6-week Time For Me Group Programme

It is aimed at children who have experienced or witnessed hurting in their family

- To offer children an opportunity to understand and process their experiences and emotions in a safe environment, without fear of upsetting their parents.
- Through the support of our group, children should be able to identify unsafe behaviour, understand it is not their fault and gain confidence to express and process their emotions.
- Moreover, participation is likely to encourage young people to develop their support network, decrease feelings of isolation and implement robust safety plans.

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### Details

**Start date:** 13 April 2026

**End date:** 18 May 2026

**Time:** 4pm – 5.30pm

**Venue:** Barnet and Southgate College  
7 Bristol Avenue  
London NW9 4BR

**Contact number:** 0208 359 3510

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Child and Family Early Help



Childrens Centres