

✂ ✂ You Matter. Your Voice Matters.  
Your Experiences Matter. ♡



JOIN OUR MONTHLY SATURDAY  
**ZOOM**  
**SAFE SPACE**

A space to be heard. A space to heal. A space to grow.

Everyone is welcome.  
Everyone belongs.

You are not alone.  
We are here for each other.



MONTHLY SATURDAYS



10:00 AM –  
12:30 PM  
(UK TIME)

A welcoming and supportive online space for children, teens and families to:



**OFF LOAD**

Let go of what's heavy in a safe and caring space.



**SHARE**

Share your experiences if and when you feel ready.



**REDUCE TRAUMA & ANXIETY**

Connect, breathe, and find tools that help.



**OPEN DISCUSSIONS**

Talk openly about lived experiences, challenges, and what matters to you.



**HOPE & VOICE**

Build hope, be heard, and help shape a better future together.



Your story matters. Your voice has power.  
Together, we heal. Together, we rise.



**ON ZOOM**

A private and respectful space. Confidentiality is valued.



**COME AS YOU ARE.**

Listen, share, connect, or just be. It's your space.

We can't wait to welcome you!

