

the right track

Are you between 13-25 years old? Are you based in Hackney?

Do you want to seize new goals or aspire for new dreams?

Do you want to have choices?

Get on The Right Track (TRT)!

To do this we have 3 services that all work together to work with you:

- To help you get information about things related to your wellbeing all in one place, there is VIBES.
- If you want to find a voice and explore your feelings, counselling is available to give you support.
- Sometimes, our problems and life experiences could be challenging to talk about. However, role play can help you to do so. Maybe you would like to take part in a drama therapy session?

KAPOW!

**OFF
CENTRE**



SUPER

WE OFFER :

Free and confidential counselling, art & drama therapy, advice, information & guidance to the youth in Hackney.

INDIVIDUAL COUNSELLING

6-12 sessions with a counsellor.

ART THERAPY

DRAMA THERAPY

Advice,

Information, &

GUidance

{VIBES}

@

TRT!

MOVE ON!

FANCY DOING SOMETHING DIFFERENT?

- Try Rock Climbing?
- Growing veggies?
- Learning graphic design?



Fancy joining The Right Track leading team to make this project yours?

With TRT, you can get involved with outdoor activities, familiarise yourself with nature and find activities that will nurture new talents and interests.

If you want to get your skills up, get in touch!

The Right Track team can match you up with volunteer opportunities that will boost your CV and confidence.

Join us and become a mentor! You will have the opportunity to be involved and to grow with a ground breaking new project.

WHAT TO DO NEXT?

AWESOME



You can either email, call or drop-in to have a chat with us!

Our general opening hours are:

Mondays - Fridays : 10am-6pm

Wednesdays : 2pm-6pm

For Advice, Information & Guidance (VIBES)

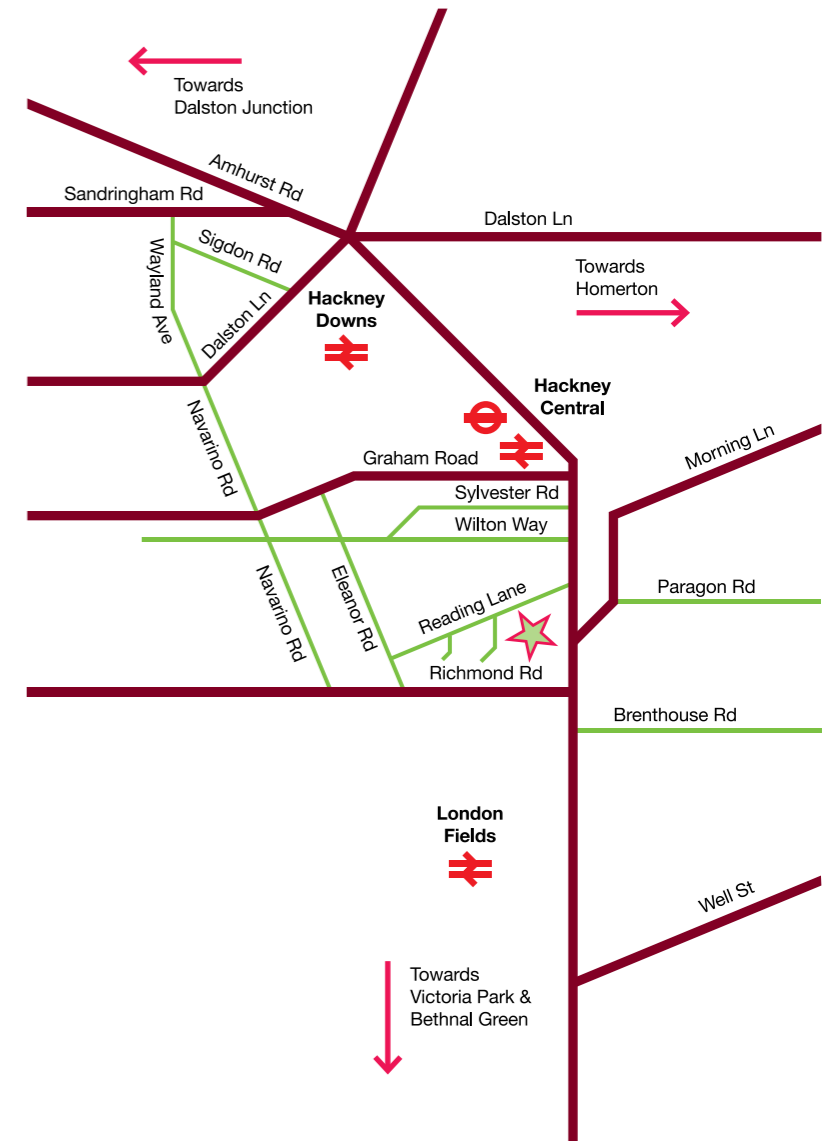
Drop-ins :

Tuesdays and Thursdays 10-12am

Appointments :

Tuesdays and Thursdays 2-5.30pm

Look us on Facebook or on our awesome new website for more info on our evening times and activities!



LOTTERY FUNDED

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OFF CENTRE

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