

Parachute Project

Young
people
11-19yrs



Parachute is a 10 week programme for 11-19 year olds who have been identified as needing help in managing conflict in their relationships at home or at school.

Parachute is designed to:

- Develop self-awareness and self-control.
- Promote positive social skills.
- Teach pro-social problem-solving skills.
- Increase confidence and self-esteem.
- Improve decision making.

How does it work?

The programme includes adaptations of exercises found in several empirically established programmes of work aimed at addressing domestic abuse, general offending behaviour and poor school performance.

Elements of these programmes have been brought together designed for use specifically with young people.



Parachute is a combination of skills-building and cognitive behavioural approach to developing behaviour change.

The programme is about offering young people an opportunity to learn about themselves and as a result, change their behaviour in the future.

It is not about 'fixing' them or 'forcing' them to change. They will have to choose to use the skills they learn on the programme. The sessions will show them that there is another way to handle problems and conflict rather than resorting to abusive or violent behaviour.



For more details or to make a referral, please email
info@thewishcentre.org

You can download a copy of our referral pathway from
www.thewishcentre.org

