



The Healing Together programme provides support for children and young people who are experiencing ongoing stress and/or anxiety or have experiences domestic abuse.

This trauma informed programme is based on 6 sessions and each session is delivered within 60 minutes. The programme can be delivered as a group programme or on a one to one basis within different settings (i.e. schools, community services).

The programme has been carefully put together to help young people learn about how their body and brain can work together to help them feel safe and calm. This is a programme to help young people connect and learn how to keep their brain and body feeling safe.

We are fortunate to have 2 Trauma Informed Practitioners in school. If you would like to know more, please email HSH@bpa.act-academytrust.org for more details.



Nurturing children experiencing ongoing stress and/or anxiety

