



# LINKLIVING'S MOVING ON UP

LinkLiving is running a programme for 16-19-year-olds, living in Falkirk and Fife.

Moving On Up is a two-tiered programme that offers tailored support covering mental health and resilience, and skills for life.

The aim of Moving On Up is to provide a trauma-informed approach supporting young people to learn new skills, build confidence, develop their resilience and realise their goals and aspirations for the future.


The programme will be achieved through group work, peer support and ongoing 1-2-1 sessions, which include:

- Activities running 5-days a week in Falkirk and Fife
- Support for parents
- Mental health & resilience workshops
- A range of SCQF programmes
- Weekly focus groups

Moving On Up participants will have a dedicated project worker and LinkLiving will cover all refreshments and travel costs.



**To find out more or to book a place, please contact Link Academy:**

 01324 466860

 [lareception@linkgroup.org.uk](mailto:lareception@linkgroup.org.uk)

