



# SMASH

ONE PERSON CAN CHANGE A LIFE



## Make a difference in 2019

We are looking for volunteers to help young people build their confidence and resilience.

### **Time and listening is all it takes.**

Join us on 2nd/3rd of February to learn more about what's involved (booking essential).

*'SMASH helped me throw my worries away.'* Sarah, 12

*'Its boosted my confidence.'* Tom, 17

*'I can now open up and talk about things.'* Alice, 15

Contact us to find out more: 01793 729 748

