



FYNIX PROJECT

**SUPPORTING YOUNG MINDS: FINDING
YOUR GROUND**

Parent & Carer Information Sheet

Understanding the Programme, Our Approach and How We Support Young
People

Helping Young People Build Emotional Awareness, Confidence, Resilience and Practical
Skills for Life

Rise Through Lived Experience

Developed by Fynix Project

SUPPORTING YOUNG MINDS: FINDING YOUR GROUND

Parent & Carer Information Sheet

Helping Young People Build Emotional Awareness,
Confidence, Resilience and Practical Skills for Life

Welcome

Thank you for taking the time to learn more about Supporting Young Minds: Finding Your Ground.

This programme has been developed by Fynix Project to support young people aged 12–17 in developing emotional awareness, confidence, resilience, communication skills and practical wellbeing strategies.

We recognise that adolescence can be both exciting and challenging. Young people today face a wide range of pressures including school, friendships, social media, family changes and uncertainty about the future.

Our programme provides a safe and supportive environment where young people can learn practical skills that help them better understand themselves and navigate life's challenges.

What Is Supporting Young Minds?

Supporting Young Minds: Finding Your Ground is a:

- Trauma-Informed
- Evidence-Informed
- Safeguarding-Aware
- Lived-Experience Led

emotional wellbeing education programme designed for young people aged 12–17.

The programme combines practical learning, discussion, reflection and interactive activities to help young people:

- Understand emotions
- Build emotional awareness
- Learn about stress and wellbeing
- Develop communication skills
- Build confidence and self-belief
- Strengthen resilience
- Learn grounding and self-regulation techniques
- Increase awareness of support networks

The programme is educational rather than therapeutic and focuses on prevention, wellbeing and personal development.

What Will Young People Learn?

The programme is delivered through eight interconnected learning modules:

1. Understanding Emotions
2. Emotional Literacy
3. Stress & Pressure
4. Finding Your Ground
5. Thoughts, Feelings & Behaviours
6. Communication & Relationships
7. Confidence & Strengths
8. Resilience & Moving Forward

Each module is designed to provide practical knowledge and skills that young people can use in everyday life.

What Makes This Programme Different?

Fynix Project is a lived-experience-led organisation.

Our programmes are built upon both lived experience and independent research. The programme framework has been developed using evidence identified through our wider Trauma-Informed, Evidence-Informed and Safeguarding-Aware Emotional Wellbeing Framework, which explores current research relating to emotional wellbeing, resilience, psychological safety, communication, emotional literacy and youth development.

While the programme is informed by evidence and research, our delivery style remains engaging, practical and accessible.

We believe young people learn best when they feel safe, respected and able to participate without pressure.

Rather than delivering clinical or academic lectures, we create supportive learning environments where young people can explore ideas, develop skills and build confidence through discussion, activities and reflection.

Do Young People Have To Share Personal Experiences?

No.

Young people are never expected or required to share personal experiences, trauma histories or private information.

Throughout the programme, participants are reminded that:

- Sharing is always optional
- Listening is participation
- There is no pressure to speak
- Everyone has the right to pass
- Different people participate in different ways

The focus is on learning skills rather than discussing personal circumstances.

Psychological Safety

Creating a psychologically safe learning environment is a core part of our approach.

We promote:

- Respect
- Choice
- Inclusion
- Curiosity
- Compassion
- Emotional safety

Activities are designed to encourage learning and reflection without placing young people under pressure.

Trauma-Informed Practice

The programme follows trauma-informed principles throughout delivery.

This means we focus on:

Safety

Creating predictable and supportive learning environments.

Choice

Providing opportunities for participants to engage in ways that feel comfortable for them.

Empowerment

Helping young people recognise strengths and build confidence.

Trust

Developing respectful relationships and clear expectations.

Collaboration

Encouraging participation rather than instruction-led learning.

Safeguarding

The safety and wellbeing of young people is our highest priority.

Fynix Project operates within robust safeguarding procedures and professional standards.

Facilitators:

- Hold Enhanced DBS checks
- Follow safeguarding procedures
- Maintain professional boundaries
- Receive safeguarding training
- Work within organisational policies and guidance

If a safeguarding concern arises, facilitators have a duty to follow safeguarding procedures and share information appropriately to help keep young people safe.

What If My Child Needs Additional Support?

Supporting Young Minds is designed as a preventative wellbeing education programme.

It is not intended to replace:

- Counselling
- Mental health services
- Specialist therapeutic support
- Clinical interventions

Where additional support may be beneficial, young people will be encouraged to access appropriate support through existing services, trusted adults and professional support networks.

Outcomes We Hope To Support

Young people may leave the programme with:

- ✓ Greater emotional awareness
 - ✓ Improved confidence and self-belief
 - ✓ Practical grounding and regulation skills
 - ✓ Better understanding of stress and emotions
 - ✓ Stronger communication skills
 - ✓ Increased resilience
 - ✓ Greater awareness of support networks
 - ✓ Increased confidence in seeking help when needed
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Frequently Asked Questions

Is this counselling?

No.

The programme is educational and preventative in nature.

It focuses on developing knowledge, skills and self-awareness rather than providing therapy.

Will my child be asked to talk about difficult experiences?

No.

Sharing personal experiences is never required.

Participation is always voluntary.

What if my child is anxious about attending?

Many young people feel nervous when starting something new.

The programme is designed to be welcoming, inclusive and supportive.

There are no tests, assessments or expectations to share personal information.

What if my child does not want to speak?

That is completely okay.

Listening, observing and participating in activities are all valid forms of engagement.

About Fynix Project

Fynix Project is a trauma-informed, lived-experience-led organisation committed to helping people build confidence, resilience and practical wellbeing skills.

Our mission is simple:

Rise Through Lived Experience

We believe that everyone has strengths, potential and the ability to grow when provided with the right support, opportunities and tools.

Contact Information

Website

www.fynix.org.uk

Workshop Bookings, General Enquiries & Collaborations

info@fynix.org.uk

For workshop bookings, training enquiries, partnership opportunities, community projects and general enquiries.

Marketing, Communications & Partnerships

Lauren Hankey

Marketing & Communications Lead

lauren.hankey@fynix.org.uk

For media enquiries, marketing collaborations, partnership discussions, outreach opportunities, website and communications enquiries, brand partnerships and organisational engagement.

Founder & Lead Facilitator

Darryl Craig

darryl.craig@fynix.org.uk

For speaking engagements, specialist workshop enquiries, programme development and trauma-informed training discussions.

Director

Dexter Snagg

dexter.snagg@fynix.org.uk

For organisational partnerships, commissioning opportunities, strategic development and organisational growth enquiries.

Final Message

Supporting Young Minds: Finding Your Ground is designed to help young people better understand themselves, recognise their strengths and develop practical skills that support emotional wellbeing.

We are not here to tell young people what to think.

We are here to help them build confidence, develop awareness and discover tools that can support them throughout life.

Find Your Ground.

Recognise Your Strengths.

Build Your Toolkit.

Move Forward With Confidence.

Fynix Project

Rise Through Lived Experience