**The Hive**—0161 330 9223. 216 Katherine Street, AUL, OL6 7AS. Counselling and Emotional well being supportive services for children, young people and their families. The Hive is a central hub for ages 8-18 and their families. The services that are available within The Hive -

**- Sort it! Drop in**: The drop in runs every Wednesday from 4pm—8pm. Children and young person can access to discover what relevant support can be the most useful for them, or drop in to speak to a worker present. There are also bookable time slots that can be made in advance. A café sells good mood food until 7.30pm. Children under the age of 13 will need to be accompanied by an adult.

- **C&YP Counselling**: Counselling is offered within the drop in hours in one of the therapy rooms. Up to 8 sessions can be offered to explore any issues the young people wish to discuss. Can be referred onto these counselling sessions through attending the Sort it! Drop in.

**- Early intervention Service**: Helping Children and Young people with low level mental health such as Anxiety, Low Mood, Stress, Anger and Confidence. These would be for 1:1 sessions, with low level CBT sessions will be for a duration of 5 weeks. Can be referred to Early Intervention Practitioners through attending the Sort it !Drop in.

**- Bee Arty**: Each week the Sort it! Drop in runs there will be an art space that people can attend and drop in and out throughout the evening. Groups are ‘Junior and Senior’ based on age and will promote social activities with peers and therapy through art.

**Families in Mind**

We now offer a Mental health and well-being service aimed specifically at supporting familes living in the Tameside area. These services are designed to provide early intervention support for families with emerging difficulties around common family issues which are beginning to impact emotional health and well-being. These issues may include difficulty around communication, conflicts, family roles and family strengths

**Family Solutions**

* 1-1 Sessions for families aimed at supporting the family unit to work on common family issues such as:

-Conflict

-Communication

-Family roles

-reslience

**Families Together Course**

* 8 week ( 1hr week) course for groups of families aimed at supporting families to build on their strenghts and assets as a family in order to improve relationships and coping skills within the family unit. Families will work alongside other families who are experincing similar difficulties with the opportuntiy for shared learning and undertsanding

[**https://www.togmind.org/news/families-in-mind**](https://www.togmind.org/news/families-in-mind)

**Children and young people Toghether Course**

* 8 week course for children and young people who are experincing challenges centred around their own emotional well-being who would like to work with peers who are exeprincing similar challenges.
* 1 hour per week for 8 weeks

**You will need to attend a family assessment first, book by calling 0161 330 9223**