



WYRE FOREST & SOUTH WORCESTERSHIRE
**NIGHTSTOP
MEDIATION**

Wyre Forest and South Worcestershire Nightstop and Mediation Service



**LIFE SKILLS
COURSES**

CONTACT US

**35-36 Worcester Street,
Kidderminster DY10 1EW
01562 743111**

info@wfnightstop.org

www.wyreforestnightstop.org.uk

**PREVENTING
HOMELESSNESS BY
EMPOWERING YOUNG
PEOPLE TO FULFIL THEIR
POTENTIAL**



ABOUT OUR WORK

We support young people who are homeless, or at risk of homelessness, in Wyre Forest and South Worcestershire.

Our Level 1 life skills courses are for young people aged 16-25 and enable them to develop confidence, self-esteem and the practical skills to live independently. No previous qualifications are necessary to enrol on our courses.



Our courses are:

- Free
- Flexible - study at your own pace
- Accredited by the Open College Network (West Midlands)

Sessions can be:

- 1:1 with a member of our friendly staff team
- In small groups
- Face to face or online.

OUR CURRENT COURSES

Health and Wellbeing

This course teaches skills which will help you to support the health and wellbeing of yourself and others. Units include understanding stress and positive mental health.

Maintaining a tenancy

Learn all about the practical and financial skills needed to maintain your own tenancy, as well as your rights and responsibilities as a tenant.

Employability and Development

This course will help you prepare for the world of work from CV writing to preparing for interview, to being able to communicate effectively when in the workplace.