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**Are you aged between 13 - 21 years old or are you up to 24 with additional needs?**

Would you like to build your confidence and skills to be able to live independently? If so, this could be the programme for you!



# **Our Independent Living Skills programme can help you to gain essential skills for life, as well as give you the opportunity to gain a qualification for each unit completed.**

You will attend a 2 – 3 hour workshop each week where our qualified and experienced Youth Workers will deliver fun, interactive and engaging activities to enable you to gain valuable life skills. These include:

- Home Cooking Skills
- Managing your Money
- Keeping Safe
- Relationships
- DIY
- Emotional Wellbeing
- Healthy Living

If you're interested in this programme, please contact your local YC Hertfordshire Team using the details below;



## **Broxbourne, East Herts & Welwyn Hatfield**

**01992 588220**

**[yc.broxbourne@hertfordshire.gov.uk](mailto:yc.broxbourne@hertfordshire.gov.uk)**

**[yc.eastherts@hertfordshire.gov.uk](mailto:yc.eastherts@hertfordshire.gov.uk)**

**[yc.welwynhatfield@hertfordshire.gov.uk](mailto:yc.welwynhatfield@hertfordshire.gov.uk)**

## **North Herts & Stevenage**

**01438 843340**

**[yc.northherts@hertfordshire.gov.uk](mailto:yc.northherts@hertfordshire.gov.uk)**

**[yc.stevenage@hertfordshire.gov.uk](mailto:yc.stevenage@hertfordshire.gov.uk)**

## **St Albans & Dacorum**

**01442 454060**

**[yc.stalbans@hertfordshire.gov.uk](mailto:yc.stalbans@hertfordshire.gov.uk)**

**[yc.dacorum@hertfordshire.gov.uk](mailto:yc.dacorum@hertfordshire.gov.uk)**

## **Watford, Three Rivers & Hertsmere**

**01442 454060**

**[yc.watford@hertfordshire.gov.uk](mailto:yc.watford@hertfordshire.gov.uk)**

**[yc.threerivers@hertfordshire.gov.uk](mailto:yc.threerivers@hertfordshire.gov.uk)**

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