



Understanding the Teenage Brain

Kindness | Compassion | Love



Community Learning Programmes



Education in attachment and trauma



Builds confidence in people to “reach in”



Mental health ambassadors in their community



Dare to Venture



Offers therapeutic connection with nature



Develops confidence through team work



Builds resilience to overcome challenges

The Veteran ERV



Offers safe space for veterans to connect



Builds strong relationships based in trust and kindness



Provides a sense of belonging and camaraderie





What is going on in a young persons life?

Peers Pressure

Parties

School

Homework

Bullied



Sexuality

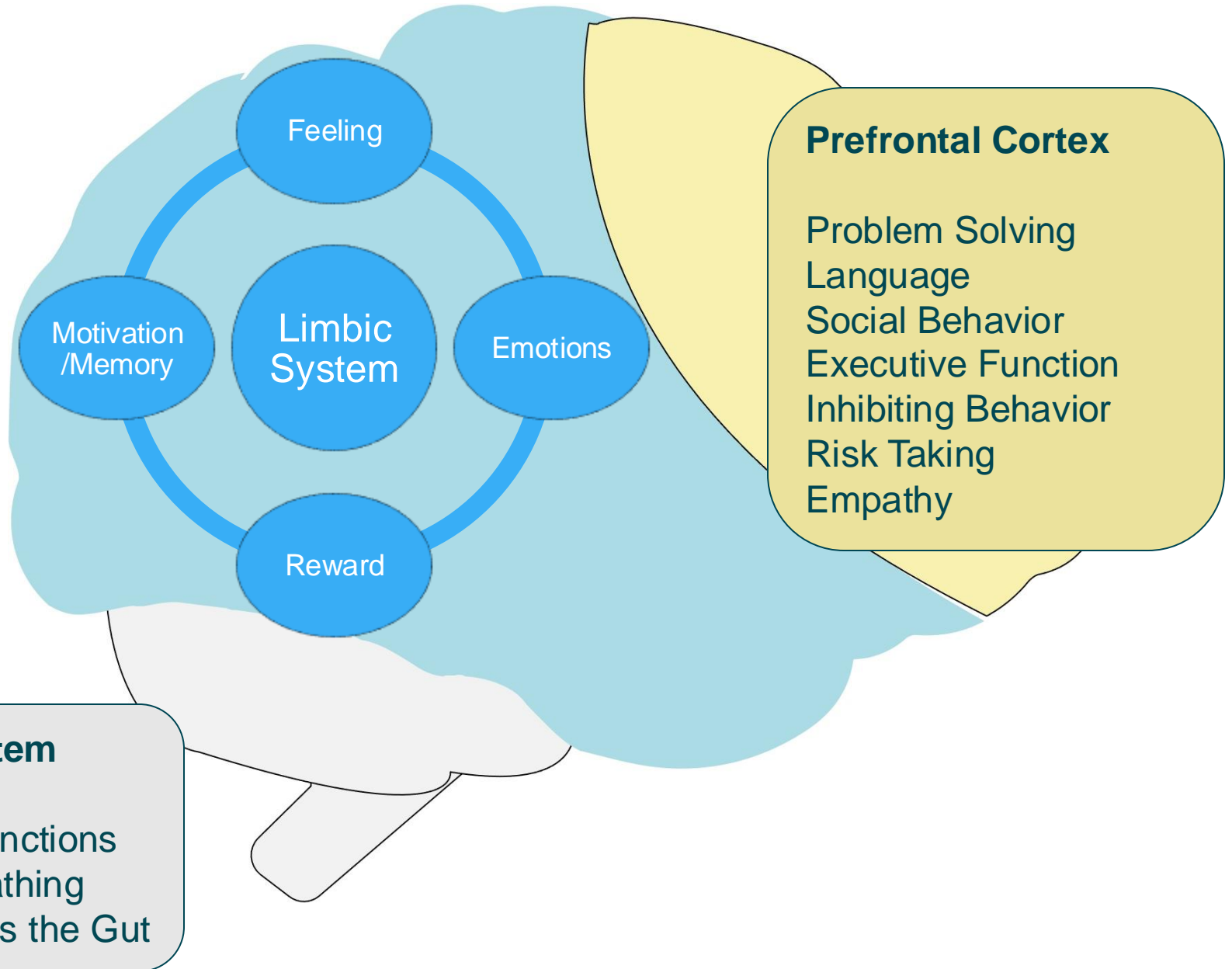
Cultural beliefs

Being Misunderstood

Exams

Relationships

The Brain





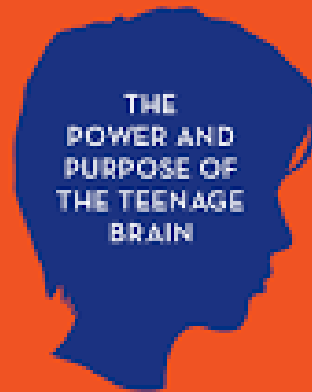
1. Create safety in the relationship



2. Listen to Young People

**DANIEL J.
SIEGEL, MD**

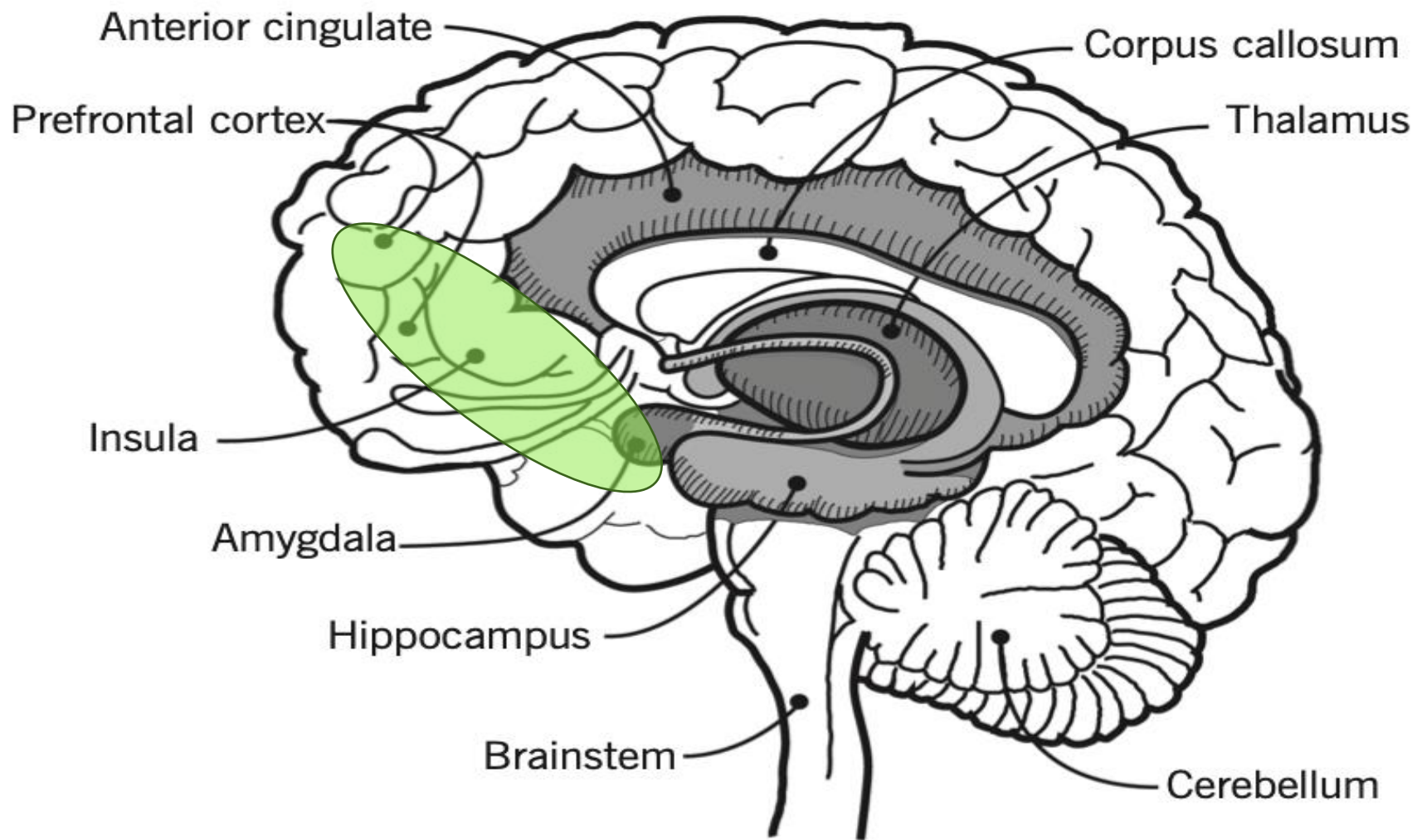
Bestselling author of
The Whole-Brain Child and
Parenting from the Inside Out

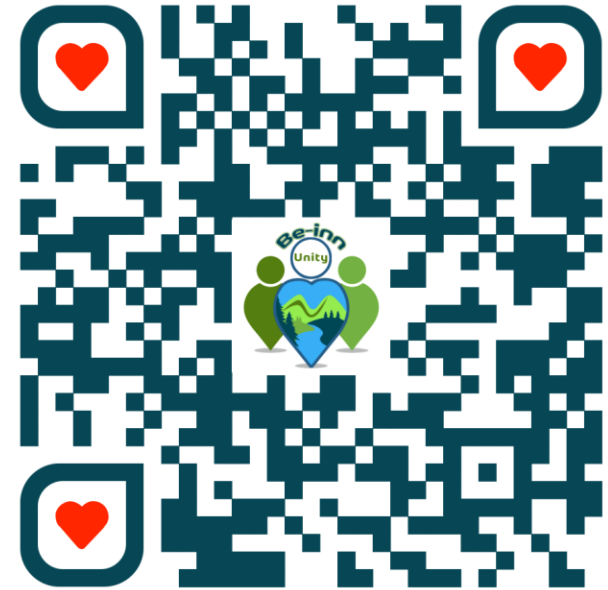


BRAINSTORM

*An Inside-Out Guide to the Emerging
Adolescent Mind, Ages 12-24*

3. Keep Learning With Them





We all belong to each other.

Website: www.beinnunity.co.uk

Twitter: [Beinn_Unity](https://twitter.com/Beinn_Unity)

Facebook: [Beinn.Unity](https://www.facebook.com/Beinn.Unity)

Podcast: [Connected Communities](#)