



## **TIGs**

### **Option 1:**

**One Got2B worker with a member of school support staff to be present during the session**

**£100 per session.**

### **Option 2:**

**Two Got2B workers, with optional school support staff attending**

**£150 per session.**

**Course packs and literature will be provided to the young people at the sessions.**

**6 or 12 week**

**Targeted intervention Groups (TIG) for students**

- Social Skills
- Emotional Literacy
- Worries and Low Level Anxiety
- Relationships and Friendships
- LGBTQ+ Groups
- Careers and Goal Setting
- Bullying
- Mindfulness and Relaxation
- Sexual Health
- Managing Mental Wellbeing

**Maximum of 8 young people per session and the same young people at each session**

**This will happen in the form of a small support group in the School environment.**



**Discount given to multiple groups running consecutively.**

**To book or for more information please email: [info@got2b.org.uk](mailto:info@got2b.org.uk)**