



LINK ACADEMY MOVING ON UP

**Build on
confidence,
develop
resilience &
realise goals for
the future**

**10 week course,
running
4 days per
week**

**Running
in Falkirk
and Fife**

Moving On Up provides trauma-informed support for 16–19-year-olds. The programme focuses on mental health, well-being, and personal development.

Each programme offers a wide range of interactive activities and SCQF qualifications which can be adapted to meet the needs of each group. All activities are designed to provide support and guidance to build confidence, resilience and skills for life.

In addition to regular group sessions, participants will receive one-to-one support throughout and beyond the 10-week programme to help them set and achieve their personal goals.



**To find out more, please
contact Link Academy:**

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