



Creative Connections

The aim of Creative Connections is to build the capacity of young people to:

- Recognise, understand and manage the challenges they face
- Develop positive behaviors
- Identify and work towards their ambitions
- Increase confidence and self-esteem

Develop skills to manage stress & anxiety

Community & creative projects

Wellbeing Qualification

Teambuilding & leadership activities

Creative Connections is a ten week personal development programme, combining a range of wellbeing workshops with practical creative activities. Participants will also complete the Wellbeing Award qualification at SCQF Level 4

The programme is open to young people aged 16-25 living in the Falkirk area. Lunch and refreshments will be provided.

To find out more, please contact Link Academy:

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