

# The Training Program will include:

What is Theraplay®?

Understand the specific needs of children who have adverse childhood experiences.



## Intensive Group Family Theraplay®

When the needs of young people for **structure, engagement, nurture and challenge** are attended to, the young people begin to internalise this experience and extend it toward others spontaneously. The Theraplay® Group is an adult-directed, structured group that incorporates playful, cooperative and nurturing activities that enhance emotional well-being.

Learn about resilience and helping children heal.

Taking Theraplay® Home!



## Mountain Bike Coaching

Working in conjunction with Northern Downhill, the young people will be provided with coaching built around the Theraplay® model. Coaching is provided by qualified coaches with significant experience in mountain biking and working with young people who can experience some challenges in their behaviour. Coaching follows the Theraplay® model.

### Location:

Chopwell Woods, Gateshead. *We can recommend local accommodation if required.*

### Equipment:

All equipment including waterproofs and bikes will be provided for the young people.

### Pre-requisites:

Basic bike riding skills

(pedal, balance, brake)

Ages 10–15

(others may be considered, please contact us).

We can consider sibling groups and will need to discuss their needs.

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