

# InTER-ACT



Do you want to learn new ways of managing difficult thoughts and feelings?

## What is InTER-ACT

It's a series of 3 x hour long, live online sessions to help you learn new ways of managing difficult thoughts and feelings, so that you can do more of what matters to you.

### Who is it for?

Any young person aged 9-25 is welcome to join providing you live in or attend school/college or are registered with a GP in Gloucestershire.

### Will anyone see or hear me?

All participants cameras and microphones are turned off so no one will ever see or hear you.

### What happens in the sessions?

TIC+ presenters use slides and videos during the sessions. You will have the chance to take part in anonymous polls and quizzes and try out some useful skills and tips. Or you can just watch if you prefer.



### When do the sessions take place?

There are three, weekly live online sessions streaming every Tuesday evening. Each session lasts one hour.

Early Bird at 6pm  
Night Owl at 7:30pm

### How do I book?

Register for your FREE place on our website. You will need an email address to register (can be a parent/carer's).

If you don't have access to an email CONTACT US for help!



Scan the QR code or head to [www.ticplus.org.uk/interact](http://www.ticplus.org.uk/interact)



Counselling, Support and Care for Young People and Families

[www.ticplus.org.uk](http://www.ticplus.org.uk) @tic.plus

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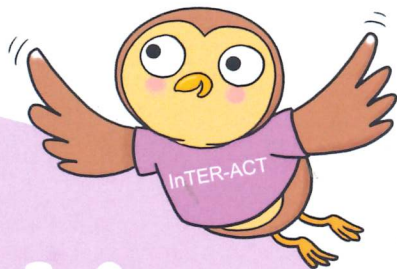
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