



Resources for Learning Mentors: Practical Activities for Group Sessions (Lucky Duck Books)

Pam Allen

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Resources for Learning Mentors: Practical Activities for Group Sessions (Lucky Duck Books) Pam Allen
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In this new book, Pam Allen provides a valuable resource designed to help develop preventative approaches for learning mentors to work and deal effectively with the emotional needs of vulnerable young people.

The resources included will help young people:

- o build their capacity to set realistic targets

- o build a positive view of their strengths and abilities

- o improve skills in communication and problem solving

- o build their capacity to manage strong feelings.

There are comprehensive facilitator notes, activities and materials to provide a general course on mental health and wellbeing, as well as sections on working with vulnerable young people, teenage girls and white working class boys.

This accessible book will help ensure that children and young people can learn ways to feel safe and valued and to have a sense of self-efficacy.

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