

PEACE of Mind Programme

Supporting Emotional Wellbeing and Resilience in Young People

What is the PEACE of Mind Programme?

The PEACE of Mind Programme is an interactive, fully funded personal development initiative designed to enhance emotional resilience, coping skills, and overall mental wellbeing in young people. Delivered by Cedar Foundation Youth Officers, the programme is tailored for individuals aged **9 to 25 years** and is adaptable to suit different needs and settings.

Programme Overview

- **Age Groups:** Customised sessions for Primary (ages 9–11), Post-Primary (ages 12–17), and Older Students/Young Adults (ages 18–25).
- **Session Duration:** 1 to 2 hours, adaptable to fit your timetable.
- **Delivery Format:** Delivered in-class by experienced Youth Officers, using interactive groupwork and activities to engage participants.

Key Focus Areas:

The programme is delivered over 6 sessions, each focusing on a key area of personal development:

1. **Self-Esteem and Uniqueness:** Celebrating individual strengths and recognising what makes us unique.
2. **Understanding Emotions:** Exploring and recognising different emotions and how they affect us.
3. **Coping Skills:** Learning practical strategies to manage stress and feel more in control.
4. **Building Resilience:** Identifying ways to handle challenges and adapt to change.
5. **Support Networks:** Recognising who we can turn to for help and how to build meaningful connections.
6. **Looking Forward:** Setting personal goals and strategies to maintain wellbeing beyond the programme.

Additional Opportunities for Year 13+

Students in Year 13 and above who complete the programme can access an additional 2 sessions to become school ambassadors. This training empowers them to:

- Deliver elements of the programme to younger students.
- Gain leadership skills and experience that enhance UCAS applications.

Why Choose PEACE of Mind for Your School?

- No cost to your school—the programme is fully funded.
- Supports your school's focus on student wellbeing and personal development.
- Provides students with practical tools to manage stress and build confidence.



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How to Get Started

We would love to discuss the programme further and explore how it can benefit your students. Please reach out to us to arrange a meeting so that we can discuss this further.

Let's work together to support the emotional wellbeing and resilience of your students!