

# Out & About Mentoring Programme



## Walk, chat, coffee, breathe...

Research continues to illustrate the difficulties faced by young women growing up LGBTQ. YouthAction Northern Ireland is delighted, therefore, to extend its mentoring programme to young LGBTQ women aged 16 - 25 years across Northern Ireland.

The programme is premised upon the benefits that can arise from having an informal, supportive and purpose driven relationship with a youth worker. One-to-one sessions seek to support young women in identifying some of the personal barriers they are facing, to adopt action-

orientated approaches to these, while developing further support networks.

- Where:** Mentors are based in Belfast, Derry and Fermanagh, with a Northern Ireland wide remit.
- Time:** Individuals can access 10 x 90 minute sessions
- Cost:** There is no cost for this programme but referrals from YouthAction member organisations will be prioritised.

Contact: [gail@youthaction.org](mailto:gail@youthaction.org) for further information or to register.