

# Step Forward

## Description

### Service Description

Step Forward provides support to young people who are facing disadvantage and enable them to thrive, develop, grow and reach their full potential in life.

How do we do it?

We provide a safe and welcoming space for young people to talk and get the support they need, when they need it. Our services are free, confidential, accessible to all and continually evolving to ensure they are always relevant and responsive.

We put together personalised packages of support tailored for each individual young person that will help them to feel better equipped and motivated to deal with difficulties.

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## Additional Information

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Our services are free, confidential, accessible to all young people aged 11-25 years

We put together personalised packages of support tailored for each individual young person that will help them to feel better equipped and motivated to deal with difficulties.

We provide both 1-2-1 and group support including:

- Support for young LGBTQ+ people
- Personal development
- Counselling (but not crisis support)
- Cognitive Based Therapy (CBT)
- Workshops that focus on building resilience and improving wellbeing – Usually in the holidays but contact us for more information about when next workshops will be run

## Suitable for ages

### Age of Users

From **11 years** to **25 years**

## Costs

### Cost

Free

## Questions & Answers

**Are The Premises Accessible For Wheelchair Users?** Yes

**Can Families Self-Refer To The Service?** Yes

**Do You Have Child Protection Policies And Procedures** Yes

**Do You Offer Specific Support For Children With Additional Needs?** Yes

**Has A Service Description?** Yes

**Open To Extended Family?** Yes

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## Further Information

### Provider Type

Advice, Information and Support Services

Youth Centres | Youth Centres |

### Delivery Channels

Schools | E-Mail | In Person | Post |

Web Site | Office / Premises |

### Referral Criteria

None (Self-referral) |

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## Provider

Advice, Information and Support Services

Youth Centres

Step Forward

## Contact Details

### Telephone No

020 7739 3082

### Email Address

info@step-forward.org

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## Address Details

### Street Number

234 Bethnal Green Road

### Town

London

### Postcode

E2 0AA

## Opening Times

<b>Monday</b>	from	to
	10:00	20:00
<b>Tuesday</b>	from	to
	10:00	19:00
<b>Wednesday</b>	from	to
	10:00	19:00
<b>Thursday</b>	from	to
	10:00	20:00
<b>Friday</b>	from	to
	10:00	19:00
<b>Saturday</b>	from	to
	11:00	16:00