



14yrs to
19yrs

Parachute Project



01254 260465

info@thewishcentre.org

Parachute is a project for children and young people aged 14-19 who are identified as needing help in managing conflict in their relationships.

Who is it for?

It is aimed at young people who may already have a history of resorting to violence to try and solve conflict. They may have a history of frequent conflict at home, in their relationships, or at school. Parachute is designed to:

- Develop self-awareness and self-control.
- Promote positive social skills.
- Teach pro-social problem-solving skills.
- Increase confidence and self-esteem.
- Improve decision making.





How does it work?

The programme includes adaptations of exercises found in several empirically established programmes of work aimed at addressing domestic abuse, general offending behaviour and poor school performance.

Elements of these programmes have been brought together and designed for use specifically with young people. Parachute is about offering young people an opportunity to learn about themselves and as a result, change their behaviour in the future.

It is not about 'fixing' them or 'forcing' them to change. They will have to choose to use the skills they learn on the programme. The sessions will show them that there is another way to handle problems and conflict rather than resorting to violence or conflict.

For more details, to make a referral or to ask a question, please email info@thewishcentre.org. You can download a copy of our referral pathway from www.thewishcentre.org