

___Support for children & young people___

The Young Oasis Centre provides a place of safety and support for infants, children, young people and families affected by drug or alcohol problems



recovery related activities.

Baby Oasis Playtime (BOPPERs) provides a dedicated time for Mums and their infants to come together with other Mums, share ideas and try new activities with their children. Mums can take time out of their busy treatment and recovery schedule to connect with their little one, tune into their needs and support their early development through play.



help process feelings and build resilience. Their situation may not have changed but the way that they feel about it can.

Young Oasis Therapy Service: Children and young people can be referred to our Young Oasis Therapy Service for individual therapeutic support. All our therapists work creatively, so when words are not enough or difficult to find, feelings can be worked with in a nonverbal way using images, paints, clay, music and puppets. Working in this way can allow a child to feel heard,

You can contact the Young Oasis Service on:

Tel: 01273 696970 **Mob:** 07553 360368

Email: jo.parker@brightonoasisproject.co.uk

Brighton Oasis Project

11 Richmond Place

Brighton BN2 9NA

www.oasisproject.org.uk/young-oasis-centre/