

Stop
take
5

Start
pausing 4 thought



think

are
you safe in
your community?

about
your actions
and the
consequences



free
from negative
influences & choices?



yOU...
..have a
choice!

everyone
@ 'P4T' will
support you to learn
new skills & grow in
confidence to make
positive lifestyle choices

What is
Pause 4 Thought?

Pause 4 Thought is a 10 week programme and supportive group for young people aged 10 -14 years living in East Lancashire (Blackburn with Darwen, Hyndburn, Burnley, Rossendale & Pendle). It will enable them to learn new skills & become more confident to feel safer in their communities and make positive lifestyle choices.



To have a chat about **Pause 4 Thought**, contact us:



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