



Are you a teen confused, pressured or feeling hopeless?

Are you a mother struggling to help your teen?

For a growing a teen, a strong relationship with the parents can lighten the burden of life.

The BPR programme offers tailored support for parents and girls aged 10-16yrs to help build a positive relationship.

Support includes:

- **Weekly activities**
- **Workshops and Trips**
- **Training**
- **Residential**
- **Family mediation**
- **121 support**

For more info, a confidential consultation or to join the programme please contact **Amaal Girls Project** on

T: 020 7247 8080 **M:** 07506 572 985
E: khadeja.begum@osmanitrust.org

