

# NEW

# NO LIMITS

Helping Young People  
Help Themselves

## Avenue Drop-in for 11-17 year olds

Our new drop-in at our Avenue Hub is a safe space to talk to youth workers and get advice and information on a wide range of issues affecting your life.

### What can we help you with?



Anxiety



Confidence &  
self-esteem



Feeling low



Relationship  
advice



Bullying



Problems  
with school

### When?

Tuesday 3-6pm

Wednesday 3-6pm

Thursday 3-6pm

### Where?

The drop-in takes place at our Avenue Hub:

No Limits Head Office, 35 The Avenue,  
Southampton, SO17 1XN



To find out more, scan  
the QR code or go to  
our website:

[nolimitshelp.org.uk](http://nolimitshelp.org.uk)

