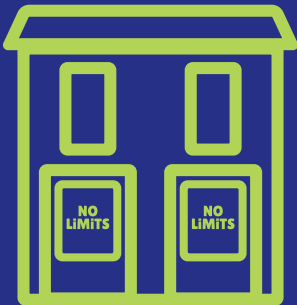


Avenue drop-in

**NO
LIMITS**
Helping Young People
Help Themselves



Our Avenue drop-in is a safe space for young people aged 11-17 to talk to a youth worker about whatever they need

What can we help you with?

You can speak to our youth workers about anything that's on your mind. Here are some things we help lots of young people with:



Anxiety



Feeling low



Bullying



Relationship
advice



Confidence &
self-esteem



Problems
with school

Opening times

Tuesday 3-6pm

Wednesday 3-6pm

Thursday 3-6pm

You don't need to let us know you're coming, just turn up and you can bring any family or friends with you if you'd like to.

Where to find us

The drop-in is at our Avenue Hub in Southampton, in the front room of one of our buildings, no35.



Address

No Limits Head Office
35 The Avenue
Southampton
SO17 1XN

To find out more about getting here, scan the QR code or go to:
nolimitshelp.org.uk/advice-and-wellbeing-hub/avenue-drop-in



Avenue Drop-in