

# Out & About Mentoring Programme

YouthAction  
NORTHERN IRELAND



## Chat, Coffee, Space to Breathe...

Research continues to illustrate the difficulties faced by young women growing up LGBTQ. Youth Action Northern Ireland is delighted to continue its mentoring programme for young LGBTQ women aged 16-25 across Northern Ireland.

The programme is based on the idea that having an informal, supportive and intentional relationship with a youth worker can bring about positive change. One-to-one sessions seek to support young women in identifying some of the personal barriers they are facing, to adopt action-oriented approaches to these, while developing further support networks.

**Where:** Mentors are based in **Belfast, North West and Fermanagh, with a NI wide remit**

**Time:** Individuals can access **10x 90 minute sessions**

**Cost:** **There is no cost for this programme. Referrals from YouthAction member organisations will be prioritised**

For further information or to register contact:  
[annette@youthaction.org](mailto:annette@youthaction.org) (Belfast)  
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