



LANCASHIRE  
YOUTH  
CHALLENGE

# TIME TO breathe

## Spring Programme

*preparing to grow*

Are you ready to reconnect with the natural world?

Time To Breathe is a safe space to understand emotional well-being and develop new skills and connections through nature-based education.

### Our goals are to:

- Raise environmental awareness
- Explore our positive impact on the planet
- Create safe, natural spaces
- Encourage creative self-expression

To refer a young person aged 11 - 18, please contact Rachel:

[rachel.parsons@lancashireyouthchallenge.co.uk](mailto:rachel.parsons@lancashireyouthchallenge.co.uk)