

Active:2:Grow

★ Cornton | Stirling



scottish sports futures



Cornton Community Centre,
37 Johnston Ave, Stirling FK9 5DD

Every Monday 5.30pm–7.30pm

Active:2:Grow is a 48-week referral programme using physical activity and sport as a tool to support young people's mental health and wellbeing.

The programme focusses on:

- Building trust & positive relationships
- Building capacity & resilience
- Developing skills & talents
- Providing tools & resources



All SSF sessions are COVID-19 compliant

Contact Hana on **07912 760279** or email **hana@ssf.org.uk**

For 11 – 14 years



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