

Assessment

You will come to the Baobab Centre for your assessments. You will meet with the same Baobab therapist as well as another member of Baobab's team. **Interpreters are provided.**

Assessment 1

Who will be there: You, your referrer, a Baobab therapist, another member of Baobab's team.

What will you discuss: You will talk together about how things are for you and the support you may need.

Assessment 2

Who will be there: You, your referrer may join, a Baobab therapist.

What will you discuss: You will talk with the therapist more about your thoughts and experiences. Your referrer may stay for the whole session or leave part way through.

Assessment 3

Who will be there: You, a Baobab therapist, another member of Baobab's team. The same as Assessment 1.

What will you discuss: You will learn more about Baobab and together you will decide if Baobab is the right place for you.

Joining Baobab

If taken on, you will begin your journey at Baobab through a Welcome Group. You will also be supported by your individual therapist as you join the Baobab community.

Welcome Group



This is a **six-week group for young people who are new to Baobab**. The group will help you learn about Baobab, meet staff and find out about the support we offer, including therapy, casework, groups and activities. You can ask questions, meet other young people who are also new and learn what to expect at Baobab. Two Baobab workers of different genders will run the group. Young people in the group will come from different countries, backgrounds and genders. Food is shared each session.

Individual Check-Ins



You will be supported during your time in the Welcome Group by your individual therapist. You will meet together to check-in on how you are feeling.

Community Activities



During the Welcome Group, you can join in with Baobab's community activities. Including our monthly community meetings, fun activities and day trips.



BAOBAB CENTRE
for Young Survivors in Exile

Life at Baobab

After completing the Welcome Group, you will **begin meeting your individual therapist regularly and access other support.**

Individual Therapy

You will begin 1-1 therapy with your individual therapist. These sessions are a safe and consistent space to explore thoughts, feelings, and experiences in order to understand yourself better and build a stronger sense of identity and hope for the future.

Group Therapy

You may chose to join a Group. Our Groups allow young people from Baobab to meet together regularly with trained therapists to share experiences and talk about how these affect their lives. Food is shared at the beginning of Group sessions.

Casework Support

You will be supported by our casework team to talk to different people in your network such as social services, home office, housing departments, job centres, GPs and colleges. A caseworker is available Mon-Fri from 12-5pm.