

# TC42

18-24 YEAR  
OLDS

A NEW GROUP BASED  
ON THERAPEUTIC  
COMMUNITY PRINCIPLES  
AT 42ND STREET



Registered Charity No. 702687

# WHAT IS TC42?

This group is designed to help young people who have long standing difficulties with their feelings and relationships.

It works by using the principles of a **democratic therapeutic community**.

This means that group members and workers will run the group jointly. Group members will be actively involved in discussing their own and other group members' problems, and helping each other to understand and deal with these issues.

Group members will be involved in running the group; helping it to develop and ensure that it meets the needs of the group members.

All the members of the group will share the responsibility of managing and maintaining the safety and consistency of the group.

**Some of these responsibilities include:**

- ✓ Chair business meetings
- ✓ Time keeping
- ✓ Helping to decide how to support group members who may be very distressed and feeling unsafe

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## **FOR MORE INFORMATION CONTACT US:**

Tel. 0161 228 7321

Email: [theteam@42ndstreet.org.uk](mailto:theteam@42ndstreet.org.uk)

## THIS GROUP COULD HELP YOU IF YOU:

- ✓ Have difficulty making or keeping relationships
- ✓ Use drugs, alcohol or food to cope with, or numb, distressing feelings
- ✓ Often feel empty or disconnected from the world
- ✓ Have difficulties managing distressing or angry feelings
- ✓ Behave impulsively, or lose control of your behaviour
- ✓ Self-harm (this can mean different things to different people)
- ✓ You may have had experience of emotional or physical abuse including sexual abuse

## WHO CAN JOIN?

I AM:

18-24 YEARS  
OLD

I CAN:

COMMIT FOR  
12 MONTHS

COME TO  
42ND STREET

ATTEND  
REGULARLY

# THIS GROUP WORK APPROACH WILL:

TIME TO TALK

- / Give you an opportunity to talk about and share your problems with other people who experience similar feelings
- / Help you to think about how you and others cope with these feelings and learn new ways to manage them
- / Help you to become aware and understand how these feelings and behaviours affect your relationships
- / Help you to think about what you might do differently to feel better about yourself
- / Allow you to take an active part in your own recovery - This can help you feel you have more control over your life and feel more confident

**The group relies upon group members listening and sharing experiences to support each other.**

**This way of working does not suit everyone.**

**If you would like to find out more about what is involved there will be an opportunity to explore this further with a worker.**



TO FIND OUT MORE TEL.0161 228-7321  
THETEAM@42NDSTREET.ORG.UK

[www.42ndstreet.org.uk](http://www.42ndstreet.org.uk)

42<sup>nd</sup> Street The Space 87-91 Great Ancoats Street Manchester M4 5AG

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