



## ▶ LOOK TO THE FUTURE WITH CONFIDENCE & HOPE ▶

### WHAT WE ARE OFFERING

We are delighted to be able to offer two incredible programs that explore Mental Health and Wellbeing from a Catholic perspective.

Our Primary resource is suitable for all in Year's 4-6 and our Secondary school program is suitable for all those in Year's 7-13.

We have created imaginative, robust and thoughtful resources that will empower your young people and enable them to explore subjects including stress and anxiety, suffering and loss, anger and depression, joy and hope, and more,

We know that our faith has so much to offer in this conversation and Quo Vadis harnesses all this richness and journeys with your young people to unpack this fully.

### TRAINING & SUPPORTING LEADERS

We are offering support for schools with training on several different levels either remotely or in person:

- Training on the programme to equip staff to lead the sessions. Staff will be supported and equipped to answer the tough questions that their students pose, from a Catholic perspective.
- Both programs include an online training session in how to use the resource and is suitable for all staff. We also work in partnership with Mental Health First Aid England to deliver nationally recognised training (not a requirement to lead Quo Vadis, but recommended and available at an additional cost).
- The training options include
  - Mental Health First Aid Certificate £225 +VAT
  - 1 Day Champion Course £125 +VAT
  - Half Day Awareness Course £99 +VAT
- We also offer Staff INSET, Mental Health residentials at Soli for Year 10+ and school based workshops for students.

### WHAT IS INCLUDED?

We want this resource to be as accessible as possible and so we provide comprehensive resources and notes so that anyone in your school community can lead the program.

Both resources include

- Lesson Plans
- Teacher Notes
- Video Content Downloads
- Click and Play Prayer Resources
- A 45 minute online training session for staff
- A starter set of beautiful, full colour student journal.

### FRIENDS & CONTRIBUTORS

We are so delighted to have partnered with friends and colleagues from around the world to ensure that these resources are fresh and engaging.

We worked with a Catholic artist and commissioned bespoke saints artwork that appears throughout the resources and A3 poster sets are available on our website.

For our Secondary resource we have expert speakers for the keynote talk for each session as well as Jo Boyce, Sr Emanuela all the way from Rome, Sarah Kroger, a singer song-writer from Nashville as well as our KYT mission team leading us in moving times of prayer.

For our Primary Resource, Rise Theatre help bring to life the lives of the saints in a series of specifically commissioned short films. Storytelling at its best, we hope that these 'video diaries' will help children see the saints as real people who can help us on our journey of faith! One Life Music and the Alton Castle team also expertly lead us in quality moments of collective worship anchoring the program in prayer and reflection.

For both programs we work in consultation with experts in the Mental Health field to ensure that the program is age appropriate and rigorous in its approach

### COST

We have kept the pricing of Quo Vadis really competitive.

The Primary resource includes a starter set of 35 journals and is costs £199 +VAT and additional journals are £1.75 each

The Secondary Resource includes a starter set of 50 student journals and costs £299 +VAT and additional journals are £1.95 each. This resource will work as a subscription model with additional and updated material added each year.

● TO PURCHASE THE RESOURCE EMAIL: [BECCY.ROSEMAN@KENELMYOUTHTRUST.ORG.UK](mailto:BECCY.ROSEMAN@KENELMYOUTHTRUST.ORG.UK)

[WWW.KENELMYOUTHTRUST.ORG.UK](http://WWW.KENELMYOUTHTRUST.ORG.UK)

● REGISTERED CHARITY NUMBER: 1144209 ●

KYT

Quo  
VADIS

WHERE

are you

GOING?