

Be inspired...

MyLife, MyFuture

Believe in the possibilities.
Aspire for more.

Fortnightly interactive group sessions and face to face support

Media lab Discussion iPads Music
Sport Free Wi-Fi Challenges Art
Competitions Enterprise challenge
Business taster sessions
Trips and prizes
and Great Food!



The MyLife, MyFuture team are very friendly and I don't know the word for it but you can talk to them about anything. I just come here, have fun and hang out...oh and eat good food. (Eyram, 13)



At MyLife, MyFuture I learn English more easily, make friends, and work on my goals. I have fun at the programme, I learn in a fun and interesting way. Not like at school. (Ash, 17)

MyLife sessions for young people aged 10 – 14. Wednesdays, 4 – 6.30pm during term-time.

MyFuture sessions for young people in care aged 15-17. Wednesdays, 5 – 7.30pm during term-time.

Sutton Life Centre,
24 Alcorn Close, Sutton, SM3 9PX

To find out more, please email
mylife-myfuture@mhf.org.uk
or call 0207 803 1165
or 07899 283165



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 mental health foundation

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