

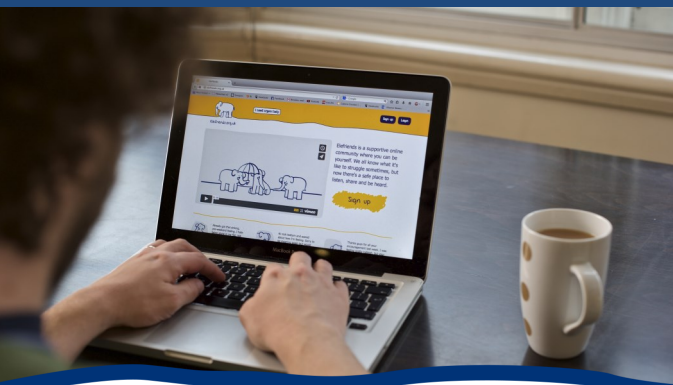
Wellbeing Workshops

(Ages 17-25)

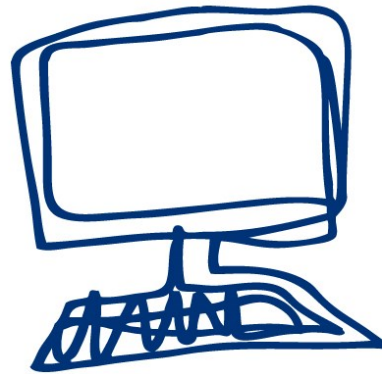
For better mental health

August 2020

Via Zoom with North Kent Mind



- WED 05** OVERCOMING STRESS
10:30—11:30AM
- TUE 11** COPING WITH ANXIETY PT.1
1230-1:30-PM
- FRI 14** COPING WITH ANXIETY PT.2
10:30—11:30AM
- MON 17** MANAGING DEPRESSION
10:30-11:30AM
- TUE 25** EXPLORING SELF-ESTEEM
12:30-1:30PM
- FRI 28** EMOTIONAL WELLBEING
10:30-11:30AM



A digitally based programme throughout August to help address the challenges people face in experiencing mental health and emotional issues. Our goal is to work together to learn and develop coping mechanisms and create positive change.

These sessions are designed for people who are looking to increase their knowledge of common mental health issues and want to become more self-aware, through group workshops and additional self-help resources.

Attendance is by booking, if you are interested in a workshop, please contact **Rebecca Smith** via e-mail: rebeccasmith@northkentmind.co.uk.

Places will be on a first –come, first-served basis.

North Kent Mind

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Live well Kent
Community wellbeing

North Kent Mind is a registered charity – No1103790