

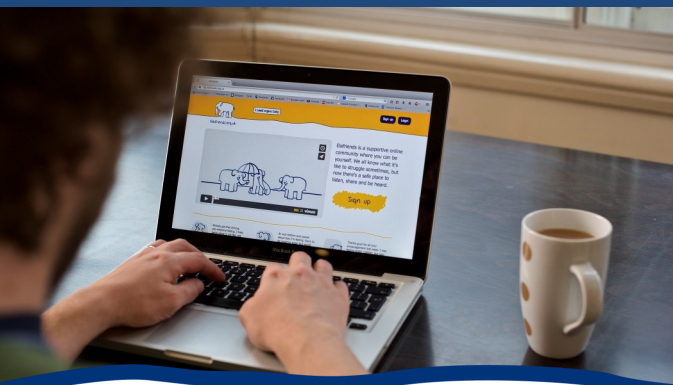
# Wellbeing Workshops

(Ages 17-25)

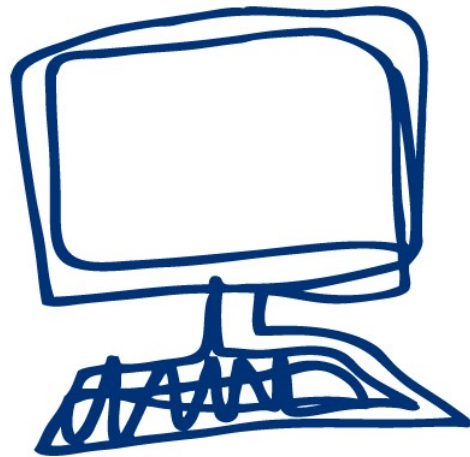
## For better mental health

December 2020

Via Zoom with North Kent Mind



TUES 8TH	OVERCOMING STRESS 10:30—11:30AM
TUES 8TH	EXPLORING SELF ESTEEM 1230-1:30PM
TUES 15TH	EMOTIONAL WELLBEING 10:30—11:30AM
TUES 15TH	MANAGING DEPRESSION 12:30-1:30PM



A digitally based programme throughout December 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 registration. Please register via the website link.

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

North Kent Mind

The Almshouses

20 West Hill

Dartford DA1 2EP

[admin@northkentmind.co.uk](mailto:admin@northkentmind.co.uk)

01322 291380

[northkentmind.co.uk](http://northkentmind.co.uk)



**Live well** Kent  
Community wellbeing

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