

 **Mind** North Kent

# Half-term holiday Sessions



**North Kent Mind are running a free, friendly and welcoming creative group session for children aged 4-10 years old to explore different emotions and how to build emotional intelligence.**

**Friday 18th February, 9:30AM-11AM**

**Riverside community centre, Gravesend,  
DA12 2JY**

**To book your place, please email Rebecca Smith:  
[rebeccasmith@northkentmind.co.uk](mailto:rebeccasmith@northkentmind.co.uk)**

**We're here to fight for mental health.**

**For support. For respect. For you.**