

 **Mind** North Kent

Half-term holiday Sessions



North Kent Mind are running a free, friendly and welcoming group session for young people aged 11-18. The session will explore self-esteem and managing comparisons, whilst learning how to build positive coping mechanisms.

Friday 18th February, 11:30AM—1:00PM

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

**To book your place, please email Rebecca Smith:
rebeccasmith@northkentmind.co.uk**

We're here to fight for mental health.

For support. For respect. For you.