



Easter half-term sessions:

Emotional intelligence



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

Friday 8th April, 9:30AM-11AM

Thursday 14th April, 9:30AM-11AM

**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.