



Easter half-term sessions:

Building self-esteem



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

Friday 8th April, 2-3:30PM

Thursday 14th April, 2-3:30PM

Session delivered via ZOOM

**To book your place and receive the ZOOM link, please email:
rebeccasmith@northkentmind.co.uk**

**We're here to fight for mental health.
For support. For respect. For you.**