



May half-term sessions:

Understanding Emotions



North Kent Mind are running free, friendly and welcoming creative group sessions for children aged 4-10 years old to explore different emotions using the theme of weather.

Wednesday 1st June, 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.**