



May half-term session:

Managing Anxiety with Relaxation



North Kent Mind are running a free, friendly and welcoming virtual group session for young people aged 11-18. The session will explore anxiety and relaxation, as well as how to build positive coping mechanisms.

Wednesday 1st June, 2:30-3:30PM

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.**