

August's Young People Sessions



St Augustine's Church

192 Rock Avenue, Gillingham, ME7 DPW.

When?	What?
Thursday 8th August 11:30am-12:30pm	Exploring emotions
Thursday 15th August 11:30am-12:30pm	Building self-esteem
Thursday 22nd August 11:30am-12:30pm	Youth wellbeing & resilience
Thursday 29th August 11:30am-12:30pm	Anxiety with creative relaxation

North Kent Mind are running free, welcoming sessions for young people aged 12-18 to develop their understanding of mental health and wellbeing.

To book your space, please email
cyp@northkentmind.co.uk

We're here to fight for mental health.

For support. For respect. For you.