



Young Adults Voice Workshop



Monday 28th October from 10-2pm

North Kent Mind's Children & Young Person's Service is hosting a young adults steering group for those aged 16 to 25 to discuss:

'Thinking about the future and how it affects mental health'

You will have the unique opportunity to share your experiences as a young person living in Kent, as well as bring to the forefront the common and shared challenges other young people may face.

Why you should consider signing up

- Complimentary lunch provided
- An opportunity to connect with like minded young people
- Make a positive impact by sharing your voice on what matters to you
- A wellbeing goody bag as a thank you from us!
- Signposting provided to support with your next steps



To sign up scan the QR code or
contact our team at:

cyp@northkentmind.co.uk

