

 **Mind** North Kent

B.R.A.V.E Service!

Building Resilience and Validating Emotions

Build Your Resilience!

A Free Online Workshop for Ages 11 –18



Are you ready to...

- **Bounce back from challenges with confidence?**
- **Stay calm and positive under pressure?**
- **Learn practical tools to handle stress and setbacks?**

Join us in a fun and supportive space on one of the below dates to discover how resilience can be your greatest skill!

Monday 17th March 4-5PM

To find out more or, sign up to a workshop, please scan the QR code or contact our team at:

braveservice@northkentmind.co.uk



We're here to fight for mental health.

For support. For respect. For you.

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**Medway**
COUNCIL
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and Medway