

 **Mind** North Kent

B.R.A.V.E Service!

Building Resilience and Validating Emotions

Building Resilience in Children & Young People (CYP)!

A free online workshop for professionals working
with CYP



Are you ready to...

- **Understand what resilience is?**
- **Learn practical ways to build resilience with CYP?**
- **Embed resilience into your practice?**
- **Reflect on your own resilience?**

Join us in a safe and supportive space to discover how building resilience can be your greatest asset!

Monday 17th March 10-11AM

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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<https://northkentmind.co.uk>

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