



B.R.A.V.E Service!

Building Resilience and Validating Emotions

Coping Strategies for Your Next Steps

A Free Online Workshop for Ages 14-18



Are you ready to...

- **Understand stress and how to deal with this?**
- **Stay calm and positive under pressure?**
- **Learn practical tools to plan your next steps and make goals a reality!**

Join us in a fun and supportive space to discuss exam stress, transition to college and future pressures and learn strategies to process these stresses!

Monday 12th May 15:30-16:30

To find out more or, sign up to a workshop, please scan the QR code or join online at:

<https://northkentmind.co.uk/chatham/>



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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