



B.R.A.V.E Service!

Building Resilience and Validating Emotions

The Impact of Social Media on Mental Health

A Free workshop for Parents/ Carers and Professionals



This workshop will be delivered at the following:

9:30am– 10:30am– Wayfield Children and family hub, ME5 0HH

1:30pm– 2:30pm– Strood Children and family hub, ME2 2HG

3:30pm– 4:30pm– Community hub 5a, ME4 6BB

This workshop will cover how social media is impacting young people, explore the negatives and positives to social media and mental wellbeing, with some added online safety to support young people safely online.

Selected times and venues as above on 30th June 2025

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.

The Almshouses | 20 West Hill, Dartford | DA1 2EP

01322 291380

admin@northkentmind.co.uk

<https://northkentmind.co.uk>

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