



B.R.A.V.E Service!

Building Resilience and Validating Emotions

Support with Low Mood

A Free Workshop for Ages 10-16



Are you ready to...

- **Understand what is low mood?**
- **Explore why you may be feeling low?**
- **Learn practical tools and coping strategies for when you are feeling low?**

Join us in a fun and supportive space to discuss and explore our low moods and learn new coping strategies for when you are feeling this way!

Monday 23rd June 15:30-16:30

**To be held at our Chatham Hub– 5a New Road,
ME46BB**

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

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



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We're here to fight for mental health.

For support. For respect. For you.

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