

# **BRAVE & SIT**

## **Summer Sessions**

**Community Hub**

**5a New Road Avenue, Chatham, ME4 6BB**

<b>When?</b>	<b>What?</b>
<b>Monday 11th August</b> <b>13:00-14:00</b>	<b>Sensory Creation Workshop</b> <b>(Ages 5-8)</b>
<b>Thursday 14th August</b> <b>13:30-14:30</b>	<b>Play Therapy Taster Session</b> <b>(Parents Only)</b>
<b>Monday 18th August</b> <b>10:00-11:00</b>	<b>Understanding emotions and</b> <b>self regulation (Ages 10-15)</b>
<b>Thursday 21st August</b> <b>15:00-16:00</b>	<b>Sensory Creation Workshop</b> <b>(Ages 9-12)</b>

North Kent Mind are running free and welcoming sessions for young people currently awaiting SIT and BRAVE interventions to develop their understanding of mental health and wellbeing.

**To book a space please scan the QR code or email:**

**[braveservice@northkentmind.co.uk](mailto:braveservice@northkentmind.co.uk)**



**We're here to fight for mental health.**

**For support. For respect. For you.**