

BRAVE & SIT

Virtual Summer Sessions



When?	What?
Tuesday 12th August 15:30-16:30	Coping Skills for challenging emotions (Ages 8-11)
Wednesday 13th August 10:00-11:00	Coping Skills for challenging emotions (Ages 12+)
Tuesday 19th August 15:30-16:30	'Bad Thoughts' & how to manage them (Ages 8-11)
Wednesday 20th August 10:00-11:00	'Bad Thoughts' & how to manage them (Ages 12+)
Tuesday 26th August 15:30-16:30	'Defeating Boredom' (Ages 8-11)
Wednesday 27th August 10:00-11:00	'Defeating Boredom' (Ages 12+)

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

We're here to fight for mental health.

For support. For respect. For you.

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

