



B.R.A.V.E and S.I.T Service

Building Resilience and Validating Emotions and Short Intervention
Therapy

Children & Young People (CYP) Drop in Sessions.

Free face to face workshops for CYP's.

**Join us for a snack and a chat with our
therapists where you can talk about
any worries you may have in a safe and
supportive environment.**



**Please join us on the following
Mondays at 3:15pm – 4:15pm.**

Monday 2nd March

Monday 9th March

Monday 16th March

Monday 23rd March

Monday 30th March

**Where: Strood Children and Family Hub
is located at Clifton Close, Strood,
Rochester, ME2 2HG.**

To find out more or, sign up to a workshop, please
scan the QR code or contact our team at:

braveservice@northkentmind.co.uk



We're here to fight for mental health.

For support. For respect. For you.

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