



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

Building Resilience and Validating Emotions and Short Intervention  
Therapy

# Coffee Morning

**Join us for a safe and supportive environment for parents and carers to discuss in an open forum with our professionals at North Kent Mind.**

**Please drop in at anytime between 9-11am on the following dates:**

**Friday 6th March 2026**

**Friday 13th March 2026**

**Friday 20th March 2026**



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

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



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

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

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