



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

Building Resilience and Validating Emotions and Short Intervention
Therapy

Children & Young People (CYP) Creative Drop in Sessions.

Free face to face workshops for CYP's.



Join us for a fun creative session with our therapists where you can talk about any worries you may have whilst sharing your creative talent with your peers.

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

Monday 9th March

Monday 16th March

Monday 23rd March

**Where: Room 3, 5a Community Hub,
New Road Avenue, Chatham, Kent,
ME4 6BB. Please press 11 on the key-
pad upon arrival.**

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

