

Emotional Health

Support Group for Young People

- Thurs 11/05** 1. Intros & Investigating Emotions 3.45pm - 4.45pm
- Thurs 18/05** 2. Self Esteem 3.45pm - 4.45pm
- Thurs 25/05** 3. Anxiety 3.45pm - 4.45pm
- Thurs 01/06** 4. Wellbeing Walk (Location TBC) 11am - 1pm
- Thurs 08/06** 5. Wellbeing and Self-Care 3.45pm - 4.45pm
- Thurs 15/06** 6. Friendships 3.45pm - 4.45pm
- Thurs 22/06** 7. Emotional Health Toolkit 3.45pm - 4.45pm
- Thurs 29/06** 8. Reflection 3.45pm - 4.45pm

Location: Urban Outreach, Environ House, Salop Street, BL2 1DZ

Please contact: Nicola Gillard (Children & Families Team Leader)

01204 385 848 (Option 2) for further details.