





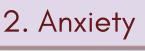


Sessions for Young People



1. Emotions







3. Self Esteem and Friendships

Thurs 24/08

4. Wellbeing and Self Care

Thurs 5. Emotional Health Toolkit

Join us in a relaxed and informal space to explore wellbeing. Games, crafts, food, music and more...

Time: 11:30 - 13:30

Location: The Amber Centre, Snowden Street, Bolton, BL1 2PU

Please contact: Nicola Gillard (Children & Families Team Leader) 01204 385 848 (Option 2) for further details.