

Wellbeing Drop-In

Sessions for Young People

Thurs
03/08

1. Emotions

Thurs
10/08

2. Anxiety

Thurs
17/08

3. Self Esteem and Friendships

Thurs
24/08

4. Wellbeing and Self Care

Thurs
31/08

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.