



Groups

7 - 12 year olds Group (Tuesdays at 6pm)

13+ Group (Mondays at 7pm)

Topics

- Understanding emotions
- Friendships & Relationships
- Coping strategies
- Self-harm & 5 Ways to Wellbeing
- Abuse & exploitation
- Changes
- Bullying
- How to cope at school
- Homelife
- Identity
- Building confidence & self-esteem

The groups will be running on an 8 week block basis with a capacity of 10/15 young people.

For more information, please email withyouth@hertsmindnetwork.org or call us on 0208 189 8400

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