

FREE

MENTAL HEALTH and WELLBEING

Workshops during COVID-19

for GIRLS | BOYS | SEN Students

The workshops will offer Information, Support and Strategies to understand and improve Young People's Mental Health and Wellbeing at this difficult time.

COST: FREE

PLATFORM: ZOOM

AGE: 12+ YEARS

TIMES:

AFTER SCHOOL

TUES 5:30 – 6:30

WEDS 4:30 – 5:30



Small groups only to promote social interaction
1:1 sessions also available. For bookings or further
info please email susanna@potentialkids.org



SAFE, INCLUSIVE &
NON-JUDGMENTAL.
AN INFORMAL
OPPORTUNITY TO
#JUSTTALK



"I found it nice to talk to you. It was good to hear different perspectives on things. I've thought a lot about some of the advice you gave me. I am going to try hard to do that" Hannah 15