

Talk About It Tuesday: My Well-being and Me

When is it?

The Five Areas of Wellbeing

Tues, 04/05/2021, 5-6PM

Understanding Emotions

Tues, 11/05/2021, 5-6PM

Thinking Traps

Tues, 18/05/2021, 5-6PM

Healthy Habits

Tues, 25/05/2021, 5-6PM

Mindfulness and relaxation

Tues, 01/06/2021, 5-6PM

What is it?

A five-session interactive workshop for teenagers aged 11 to 18 years old.

Our wellbeing affects how we think, feel and act! This workshop aims to give you a greater understanding of the mind and emotions, and to equip you with tools and strategies for mental health and wellbeing.



Next steps...

If you wish to attend, please visit <https://bit.ly/3bsf2ta> or call African Community School on 07484356541 or First Steps on 02070147135.