

Talk About It Tuesday:

My Well-being and Me

When is it?

The Five Areas of Wellbeing

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

Understanding Emotions

Tues, 08/06/2021, 5-6PM

Thinking Traps

Tues, 15/06/2021, 5-6PM

Healthy Habits

Tues, 22/06/2021, 5-6PM

Mindfulness and relaxation

Tues, 29/06/2021, 5-6PM

What is it?

A five-session interactive workshop for teenagers aged 13 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 go to bit.ly/TATJUN21 or call African Community School on 07484356541 or First Steps on 02070147135.