



NEW GROUP FOR CHILDREN AND YOUNG PEOPLE



The group is aimed at children and young people that need a confidence boost.

- 👍 Have you struggled to settle back into school?
- 👍 Do you want to feel more confident being around others?
- 👍 Do you want to feel more positive about who you are?

If so then our group could help you.

Each week we'll complete a fun creative and interactive activity.

We'll be working as a group, exploring what makes you unique, highlighting your strengths and examining ways in which you can improve how you feel about yourself and feel stronger in your mind!

The group will be held at Middlesbrough and Stockton Mind in our Community Hall on a Wednesday 4-5pm from 12th May 2021

If you are interested in joining the group please contact the Children, Young People and Families Team Lead: sam.devon@middlesbroughandstocktonmind.org.uk

Please note that all groups delivered will adhere to the governments social distancing guidelines.